



# First Impressions

You have 3-20 seconds to make a good first impression – make it count!

# Great first impressions:

- Think of someone whom you have met who left you with a great first impression.
- What was it about that person that left you with a positive imprint?
- List five traits that were outstanding and memorable for you.



1-2-3-4-5

## Not so great first impression:

- Think of someone who left you with a negative first impression.
- Why? (List 3 reasons/traits)
- Did your first impression of them ever change? Why or why not?



1 - 2 - 3

Let's see what some managers say ....



## Must haves .....

- Clear introduction
- Active listening
- Engage other people in conversation
- **Avoid** edgy jokes or humour or sarcasm intended to be funny
- Learn people's names – use names
- Speak clearly so people can understand



## And must have ....

- Strong hand shake
- Warm smile
- Good posture
- Covered tattoos – removed excessive piercings
- Strong eye contact
- Avoid fillers ... um, you know, like, stuff



## And more must haves .....

- **Avoid** talking politics, religion, sex
- Have a confident appearance
- Have a confident attitude
- **Do not** blame others for your circumstances
- **Do not** talk negatively about job, boss, responsibilities, tasks

## The last list .....

- Look for connections
- Come prepared
- Come on time – better yet, a bit early
- Know the name of the person interviewing you
- Researched the job and the company
- Smile!





# Professionalism:

- What does being professional mean to you?



# Professionalism:

- Are the expectations of you as a professional person different than the expectations of you in your social life?

