

Let's Talk: Making a good first impression

Presenter – Amy Hopkins, Clinical Liaison

Hi, I'm Amy. Let's talk about how to make a good first impression. That old saying you don't get a second chance to make a first impression is absolutely true. From a job interview to meeting the new in-laws to making a new friend, making a good impression can make or break an opportunity.

Tips on making a good first impression

Here are some tips to make a good first impression whenever possible. Learn a little bit about the person you're meeting, whether that's the company goals they're in charge of, or something specific that that person loves or enjoys. Knowing a little bit about them can help you know how to look, dress and act.

Be on time

Be on time. If you tend to arrive late to things no one is going to like or believe your excuse. So instead of trying to get somewhere on time, try and change your mindset to getting there five to ten minutes early. This will show that you respect them and their time.

Be aware of body language

Be aware of body language. You want to come across relaxed and confident and remember to make eye contact and smile. Use the art of small talk and make a connection.

Just be yourself

Be a good listener and find something you have in common that might just be all you need and the most important thing. Be yourself. I appreciate who you are and what you have to offer. You got this. Follow these steps and you'll be all set to make a great first impression.

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