First Impressions

A first impression is made up of the immediate thoughts and feelings a person has about someone when they interact and observe them for the first time.

How is a First Impression Formed?

A first impression is made in less than 4 seconds! Sometimes, we make a first impression BEFORE we even shake another's hand! You can influence a first impression. There are only a few things you can’t control.

Why Do First Impressions Matter?

- First impressions set the tone for the relationships that follow.
- Because you are AWESOME and people should know that from the very beginning!

Creating the right impression:

Your Dress     Your Attitude     Your Emotions     Your Behavior