

## First Impressions



*What do you think of this person?*



*What about him?*

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**