

IN THIS LESSON, WE WILL BE ABLE TO...



1. Know how the first impression is formed
2. Improve the way you introduce yourself to someone for the first time



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1. HOW IS THE FIRST IMPRESSION FORMED?



Our brain collects all the information available at first glance and then analyzes it to make a judgment about the people we meet.



We especially look at the face, our brain knows that facial clues are the most significant.



Afterwards, our brain categorizes the information and then makes quick comparisons where our experiences and perceptions influence



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?



Although first impressions depend in part on the experiences and perceptions of the people in front of you, there are some things you can take care of the first time you introduce yourself to someone



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?

AUTHENTIC

BE AUTHENTIC

being natural, being true to who you are, awakens great appeal



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?



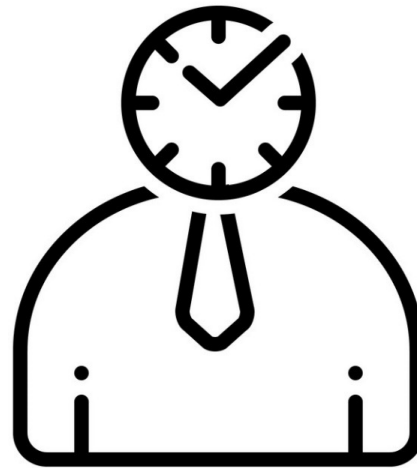
TAKE CARE OF YOUR WAY OF DRESSING

and do it according to the context in which you are



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?



BE PUNCTUAL

if you have an interview, a meeting, etc., whether you are punctual or not, it will say a lot about you



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?



USE THE APPROPRIATE LANGUAGE

The one we use in the workplace is more formal than the colloquial environment used in the context of friends.



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2. HOW TO MAKE A GOOD FIRST IMPRESSION?



CULTIVATE YOUR SOCIAL SKILLS
smile, be nice, close and friendly in direct contact
AND RESPECT SOCIAL STANDARDS



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CONCLUSION



IF YOU WANT TO **IMPACT** OTHERS

take care of your first impression, it's not necessary for it to make a big effort and can be truly decisive.



Typecasting a person only by their appearances can mislead you.
Trying to eliminate your prejudices before meeting a person, will lead you to have a more real and less limiting vision of them.



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