

First Impression

Overview:

Everyone stereotypes everyone on first impression, even if we are reluctant to do it. This mental image of his or her personality often lasts and can affect the relationship that follows. A good or great first impression can create a positive role in the minds of the new people we meet. When we meet them again, we are often drawn back into this role. Therefore First Impressions are quite important in today's competitive world.



Objective:

- To determine which part of communication helps individuals in making first impressions.
- To ensure that we are making the right decisions about a person.
- To make sure that we are sending out the right signals and consciously creating positive first impressions about ourselves, be it in our business or social lives.

Course Outline:

- What do people notice about us, and make their 1st impression?
- The communications structure/non verbal communication
- Assertive behaviour and good body language
- Our preferred processing or way of communicating
- Being prepared/ setting the scene for creating a good First Impression
- Case studies

Methodology:

- Practical
- Group Activity

Duration:

Two-hours

Ideal batch size:

20 Participants