**How long does it take to make a first impression?**

Name 5 countries in Europe, do a Michael Jackson impression, drink a glass of prosecco…. These are all things that you can do in 7 seconds. This is also how long it takes to make a first impression.

How many of these are you thinking about trying…

Making a good first impression is key to setting off on the right foot, hopefully leading you to strong and positive relationships down the road. Your first impression is determined by 55% body language, 38% tone of voice and just 7% from our actual words (apologies to the wafflers!) So spend that 7 seconds wisely!

**How to make a good impression at a Job Interview**

**Dress to impress**

I’m not saying you need to borrow Marilyn Monroe’s dress like Kim Kardashian did, but to make a good first impression, dress for the occasion! Pick something professional, comfortable, and most importantly, something you feel confident in. (I say this is an excuse to order a new outfit 😉)

**Come Prepared**

Failing to prepare is preparing to fail. Hit the books and read up on the company you are interviewing for, (pssst you can find interview tips on our website😉) This will enable you to have knowledge ready to ace the questions, as well as giving you the confidence in knowing you are fully prepared.

**Body Language**

Our facial expressions, posture and hand gestures speak when we don’t say anything. Body language is said to account for 55% of that first impression - avoid slouching, crossing your arms or making excessive movements. Make it positive by standing tall, maintaining eye contact (not in a weird way) and putting on your best smile!

**Be yourself**

There is no amount of designer gear or perfect posture that outweighs the power of being yourself. Be authentic, be enthusiastic, show yourself in the best light – You’ve got this!