



Positive Impressions: Getting off on the Right Foot

Workshop Duration: 2 Days

Facilitation in English

Workshop Description

As the old saying goes “you never get a second chance to make a first impression”. In today’s fast paced world this can be a daunting prospect as we are constantly judging others and being judged on the basis of brief contacts in a multitude of mediums.

Are you portraying the image you would like to? What are the factors that lead you to judge other’s and do your initial impressions prove correct over the course of time.

This fun and fascinating 2 day course will teach you how to understand both yourself and others in a new way and will provide you with the skills to put others at ease and put your best foot forward every time.

Who Should Attend

This course has universal appeal and provides a wealth of information and self evaluation opportunities in a fun and collaborative environment.

What You Will Cover

- Grooming and clothes – what your choices may be saying about you
- Body language – nature’s lie detector
- Comfort zones – are you approachable, how much is too much, how much is too little
- Do you ring true?
- Positive versus negative energy
- Formality versus informality, does one size fit all?
- Establishing and maintaining rapport
- Is it me or is it them? Holding up a mirror to your judgements
- Making the right first impression and following through for ever
- Integrity – having the outside and the inside fit together
- Appropriate responses and behaviour
- Hearing and responding to your inner critic
- Creating a second chance – correcting a negative impression
- Business etiquette – how not to offend

Other courses in this series

- Hiring the Right Person
- It’s a Matter of Competency

