

First Impressions Worksheet



	What do you do / don't do in the first few minutes of a job interview that might not be making a great first impression?	What could you try to do differently to increase your confidence and create a great first impression?
...BEFORE THE INTERVIEW...		
Clothes		
Shoes		
Hair		
Makeup		
Jewellery		
Tattoos, piercings		
Other		
...AT THE INTERVIEW...		
When you arrive in the reception of the interview venue		
When you are waiting for the interviewer to come out or to be shown into the interview		
When you walk into the interview room		
When you sit down in the interview room		
When you first greet the interviewer(s)		
When you offer a handshake or elbow bump / or they do		
When you introduce yourself or say hello		
The first few minutes of conversation (building rapport)		
Other		

