**Finessing First Impressions**

|  |  |
| --- | --- |
| When meeting others for the first time, what do you notice first? | Does your mind race ahead or do you focus on the other person and what she is trying to communicate? |
| How do you let others know they can relax and be themselves with you? | Now, think about first impressions from the other side. What first impression do you think you make on people? |
| Do you need to change anything to make the first impression you want? If so, what? | Remember: First impressions are a two-way street. Keep that in mind when you are tempted to jump to conclusions about others! |