

Three simple things you can do to improve the next first impression you make

By: Patti Wood MA, CSP

1. Be present and connected to the other person by doing simple things like make eye contact, turn off all electronic devices and focusing attention of the other person instead of thinking “How am I doing?” “I wonder what he is thinking of me right now.”
2. Open your body windows. Uncross your arms
3. Be expressive because we like to be able to read people and show your positive emotions on your face.