First Impressions.

Activity One – Number, in order of importance to you, what affects your first impression of a person the most in the following list.

The look in their eyes	
Their expression (smile, frown etc)	
Their body language	
Their handshake (firm, sweaty, weak etc)	
Their clothes	
Their shoes	
Their smell	
Their first words	
Their beauty	

Activity Two – Your best assets?

Do you make a good impression on other people when you first meet them? If so why and if not why not?

……

……

……

- Tick the boxes that best describe what you are like as a person.

Confident	
Outgoing	
Shy	
Nervous	
Warm	
Bossy	
Discreet	

- Tick the boxes that best describe what you look like.

Smart	
Stylish	
Fashionable	
Sporty	
Scruffy	
Relaxed	
Old fashioned	
Well dressed	
Forma	
Informal	

- Now think about how people make an impression on you. For example do you trust nervous people more than bossy people or vice versa, do you trust people more if they are very well dressed or if they are informal?

I trust people who……

I don't trust people who……

Activity Three –First Impressions Last. »* *(*What does this expression mean? what is the pun?)*
When you first meet someone who speaks English (in a work situation for example) where you need to make a good impression, using some of these expressions, with the correct intonation ***(see reference sheet),*** will help you to make an immediate good impression. Let's practice. First – on the left hand side write down instructions for when you should use each type of greeting.

	Hi there, it's great to meet you at last.
	Hello, it's lovely to meet you finally.
	Hello, it's great to meet you in person.
	Hello, I'm really pleased to meet you.
	Hello there, I'm….. it's great to meet you.
	Hi, I'm so pleased to meet you.
	Hello it's nice to meet you.
	Hello, pleased to meet you.

Activity Four – Smiling Faces Answer the questions.

1. Are you a good judge of character?
2. Do you make snap decisions about people when you first meet them?
3. Do you often change your mind about someone when you get to know him or her?
4. Do you sometimes realise that you were very wrong about someone?
5. Do you trust people easily?

Activity Five – Now listen to the song and fill the gaps in the lyrics below.

The Undisputed Truth-Smiling Faces Sometime

Smiling faces sometimes pretend to be your friend
Smiling faces show no traces of the …… that …… within
Smiling faces, smiling faces sometimes
They don't tell the truth uh
Smiling faces, smiling faces
Tell …….. and I got …….

The truth is in the eyes
Cause the eyes don't lie, amen
Remember a smile is just
A ……. turned ……. down
My friend let me tell you
Smiling faces, smiling faces sometimes
They don't tell the truth, uh
Smiling faces, smiling faces
Tell lies and I got proof
Beware, ……. of the …….
That hides the …….
I'm telling you beware
Beware of the pat on the back
It just might hold you back
…….
…….
Envy

I tell you, you can't see behind smiling faces
Smiling faces sometimes they don't tell the truth
Smiling faces, smiling faces
Tell lies and I got proof

Smiling faces, smiling faces sometimes
They don't tell the truth
Smiling faces, smiling faces
Tell lies and I got proof
(Smiling faces, smiling faces sometimes)
(Smiling faces, smiling faces sometimes)
I'm telling you beware, beware of the handshake
That hides the snake
Listen to me now, beware
Beware of that ……. on the back
It just might hold you back
Smiling faces, smiling faces sometimes
They don't tell the truth
Smiling faces, smiling faces
Tell lies and I got proof

Your ……. won't do you no harm
Cause you'll know where he's coming from
Don't let the handshake and the smile ……. ya
Take my advice I'm only try' to school ya

Activity Six – Questions

1. What is the song about?
2. What advice is given in the song?
3. What examples are given to illustrate the advice?
4. What do you think about this advice?
5. Are you often fooled by insincere first impressions?

Activity Seven – Read the text paying attention to your intonation and pronunciation.

Making a Great First Impression

It takes just a quick glance, maybe three seconds, for someone to evaluate you when you meet for the first time. In this short time, the other person forms an opinion about you based on your appearance, your body language, your demeanour, your mannerisms, and how you are dressed.

With every new encounter, you are evaluated and yet another person's impression of you is formed. These first impression can be nearly impossible to reverse or undo, making those first encounters extremely important, for they set the tone for the all the relationships that follows.

So, whether they are in your career or social life, it's important to know how to create a good first impression. This article provides some useful tips to help you do this.

Present Yourself Appropriately

Of course physical appearance matters. The person you are meeting for the first time does not know you and your appearance is usually the first clue he or she has to go on. One key to a good impression is to present yourself appropriately.

They say a picture is worth a thousand words, and so the "picture" you first present says much about you to the person you are meeting. Is your appearance saying the right things to help create the right first impression?

Start with the way you dress. What is the appropriate dress for the meeting or occasion? In a business setting, what is the appropriate business attire? Suit, blazer, casual? And ask yourself what the person you'll be meeting is likely to wear - if your contact is in advertising or the music industry, a pinstripe business suit may not strike the right note!

Appropriate dressing and grooming help make a good first impression and also help you feel "the part", and so feel more calm and confident. Add all of this up and you are well on your way to creating a good first impression.

A Word about Individuality

The good news is you can usually create a good impression without total conformity or losing your individuality. Yes, to make a good first impression you do need to "fit in" to some degree. But it all goes back to being appropriate for the situation. If in a business setting, wear appropriate business attire. If at a formal evening social event, wear appropriate evening attire. And express your individuality appropriately within that context.

A Winning Smile!

"Smile and the world smiles too."* So there's nothing like a smile to create a good first impression. A warm and confident smile will put both you and the other person at ease. So smiling is a winner when it comes to great first impressions. But don't go overboard with this - people who take this too far can seem insincere and smarmy, or can be seen to be "lightweights".

Be Open and Confident

When it comes to making the first impression, body language as well as appearance speaks much louder than words.

Use your body language to project appropriate confidence and self-assurance. Stand tall, smile (of course), make eye contact, greet with a firm handshake. All of this will help you project confidence and encourage both you and the other

Small Talk Goes a Long Way...

Conversations are based on verbal give and take. It may help you to prepare questions you have for the person you are meeting for the first time beforehand. Or, take a few minutes to learn something about the person you meet for the first time before you get together. For instance, does he play golf? Does she work with a local charitable foundation?

Is there anything that you know of that you have in common with the person you are meeting? If so, this can be a great way to open the conversation and to keep it flowing.

Be Positive

Your attitude shows through in everything you do. Project a positive attitude, even in the face of criticism or in the case of nervousness. Strive to learn from your meeting and to contribute appropriately, maintaining an upbeat manner and a smile. (www.mindtools.com)

Activity Eight – In a nutshell.

- Resume the text into six short pieces of advice to help people make a good impression.
- Now add another four pieces of advice of your own.
-

Activity Nine – Small Talk

- So let's practice some small talk.
- Here are some conversation starters, which should help.

Hi, how are you? Isn't it a lovely day?
I just saw the latest Clint Eastward film have you seen it?

The news is really depressing at the moment isn't it?

Isn't …….. a fascinating place? Do you know it well ?

I've been working in my current job for… before that I was, and you?

Have you had chance to visit the town centre?

Have you been to Montpellier before?

What do you think of the city?

Where are you from originally?

Have you found any good restaurants?
What kind of food do you like?

I'm really keen on ….. what do you do in your spare time ?

Activity Ten – Role Plays to act out.

1. You are entertaining a foreign client; you sit down at the table and start a conversation.
2. You are at a conference and you meet a foreign colleague in the coffee break, introduce yourself and start a conversation.
3. You are attending a meeting in the London head office and you travel in a taxi to the hotel with a colleague you have exchanged e-mails with in the past but never met. You introduce yourself and start a conversation.
4. You pick up a senior American manager of your company from the airport. You have never met before and want to make a good impression.
5. You meet an interesting English person in a bar.