



First Impressions

How many times have we heard our mothers saying make your First impression the best impression? It is the one that lasts the longest. Over the course of time people never forget one's first impressions.

You only get one chance, and it takes people less than 10 seconds to mentally create an image of you.

So when it is time to go for that Job interview first and foremost look into every detail about your appearance. The interviewer is going to make his/her first judgment based on the way you look what you are wearing and what you smell of.

A significant part of a hiring decision is based on nonverbal elements of the interview like the handshake, eye contact, body language, posture, listening skills, clothing, grooming and accessories. Verbal elements contribute to only 7% of the interview.

So remember your clothes should be neat, tidy and formal. See to that all the creases have been pressed. Do not end up going for an interview in jeans no matter how casual the company appears.

Your hair should be clean, neatly combed and trimmed. Hands cleaned, nails cut and well maintained.

Women remember to keep your makeup and jewelry as minimal as possible. Remember the rule of 7. I.e. you can wear up to 7 pieces of jewelry only.

Body odor is another thing to look into. Do not go in smelling of a fish market, but do not shower yourself with a strong perfume either. Try to keep your B.O as natural and mild as possible.

Do not smoke a cigarette right before your interview as many people do not like the smell of smoke.

Interviewers could be allergic and you never know what might just tick them off.

Let your appearance be simple and elegant. As anything too loud takes the focus away from what you are saying. Keep your look simple and successful until you become accustomed to the environment and learn about the company's dress code.

These small but basic things can help you create a better vision in the minds of the people who are interviewing you for the job.

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No matter how great your CV is people tend to make amazing assumptions about your professional credibility and potential performance based upon your appearance during a first meeting. It's very difficult to overcome a poor first impression, regardless of your knowledge or expertise.

Looking Good also helps you feel good hence adding to your own self confidence. Remember you are worth it and never stop believing in yourself.