

RISEGUIDE

FIRST

Impression Formula

First impressions form in 7 seconds and they stick with you forever.
Here's how to make sure people remember you for the right reasons.



The 5-Step Formula

1

Enter with Energy

- Walk in tall, shoulders back, steady pace.
- Pause briefly before joining a group – it signals confidence.
- Avoid rushing in or apologizing for your presence.



Smile & Acknowledge

- A warm, genuine smile is your best opening.
- Combine it with eye contact for instant connection.
- Avoid over-smiling – it can seem forced.

2

3

Handshake or Greeting

- Firm but not crushing handshake.
- In informal settings, a wave or nod with a smile works.
- Mirror the other person's greeting style.



Name Trick

- Repeat their name back once: "Nice to meet you, Maria."
- Anchor it with a quick association (Maria - "like my cousin Maria").
- Use their name once more naturally in conversation.

4

5

Quick Opener

- Lead with a context-friendly question (Conversation Starters Toolkit).
- Keep it light, curious, and genuine.
- Avoid going straight into heavy or personal topics.



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Do's & Don'ts

✓ Do

- Dress one step sharper than the room.
- Keep your phone out of sight.
- Match your tone to the setting.

✗ Don't:

- Cross arms or hunch shoulders.
- Interrupt introductions with your own story.
- Forget names right away it signals disinterest.

Practice Drill

- At home:

Walk into a room, pause, smile, introduce yourself to the mirror using your full name.

- In real life:

Next time you meet someone new, test the **5-step formula consciously**.



A first impression is not about impressing everyone – it's about being authentic, confident, and memorable from the start.

