

Six Secrets to Great First Impressions

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By Vanessa Bader

Why is it that when certain people walk into a room you can't help but notice them right away? You just have to look … and stare. Is it his good looks or his Armani suit? Maybe it was her Prada shoes or her Versace dress.

I guarantee you it has very little to do with the clothes he is wearing or her hairstyle…

We get brainwashed into believing that these people are just born like that – with that stunning flair and magnetic presence. That “special something” that sets them apart from the rest. That “it” factor that is the illusive something we can't quite put our finger on. Most celebrities have it; most successful people have it… that certain kind of Pizzazz.

The thing is that you also have the ability to be noticed and to make astonishing first impressions… regardless of the shape of your body or how expensive your outfit was.

Don't think you need to be born with it or that it is only reserved for the rich and the famous. Believe me… the majority of people that has this “presence” is very aware of it and constantly works at it.

We are vibrational beings and we transmit waves of energy all the time. Some of us project energy at higher frequencies than others. These are the vibrations that people pick up and notice about you within the first few moments of meeting you. Before you have even had an opportunity to say something, the chances are good that the other person already made some sort of assessment about you. He or she already got a first impression within seconds of seeing you.

You have total control over the impressions you make.

There are a few small secrets to having this presence, this pizzazz!

Awareness

Self-awareness of the way you present yourself is the first and the most important secret to taking the steps towards making great first impressions and being sure you linger in their minds long after you left. An acute awareness of your posture and your body language is what is going to make all the difference.

Posture

Great posture goes a long way. Your posture; the way you hold your body can dictate how you are going to be perceived by others. It is true that our posture is often influenced by our emotions. In other words, if you are feeling intimidated or shy, you might drop your chin, hunch your shoulders forward and avoid eye contact. This would be a dead giveaway that you are not feeling comfortable and chances are that others will feel just as uncomfortable in your presence.

The posture of a self-confident, poised person is upright and proud, chin lifted, chest open and quite often a smile. This is the person that is going to get noticed right away.

The truth is that even when you are feeling slightly intimidated, if you can master the posture of someone who is feeling self-assured and in control, you can use this posture and you will immediately start looking and feeling more confident. In other words… you can affect your mood or emotions by simply changing your posture.

Spend a few minutes in front of the mirror and make yourself aware of what this great, self-confident posture looks and feels like.

Intention

Once you are aware that you have the power to use your posture to position yourself as a more self-confident person, all you need is to actually have the intention for others to see you that way. You have to make a decision that you want to make an impressive entrance and leave everyone wondering, “who is this person?” Once you have the intention, your body will find it easy to turn on that unmistakable poise, presence and posture that you practiced in front of the mirror before.

Graciousness

Life has become a rat race and we get caught up in our own heads not paying much attention to those people around us. One of the greatest secrets to being remembered in a positive light is to be gracious. We so often get into the habit of asking, “how are you?” but how often do we pay attention to the answer?

How often do you pay someone a compliment or just simply extend a friendly smile?

By being sincerely interested in the other person, by greeting and smiling in a genuinely friendly way… you can be sure to get noticed and remembered.

Eye contact

How often have you gone on a date or sat in a meeting where you felt like you were not included in the conversation… or the other person is simply distracted and not interested.

By maintaining eye contact with the person you are conversing with, you give them the feeling that you are totally engaged and interested. They will immediately feel important and included.

If you are talking to a group, make sure to make eye contact with every single person there if possible, because you will make them feel included and significant.

This also establishes that you are confident and in control of the conversation.

Sincerity

Now remember, you can do all this – have the self-awareness, the great posture, the right intention, be gracious and maintain eye contact, but if there is no real sincerity behind your actions… people will look right through you.

But by practicing these principals, by utilizing these few guidelines, you will definitely be noticed and remembered. It doesn’t cost anything and once you feel comfortable and confident in your own skin with your new posture, poise and presence you will be remembered as someone with that “special something” – Pizzazz!

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Vanessa Bader Performs on stages all around the world as a dancer, singer and actress. She is a seasoned Pilates instructor as well as an Aesthetician, Cosmetologist and Massage therapist. She is the Creator and Teacher of The Pizzazz Factor®. With the Pizzazz Factor® Vanessa teaches people from all walks of life how to project radiance and magnetic presence, maintain great posture and poise at all times. For more information on Vanessa Bader, visit <http://pizzazzfactor.com>