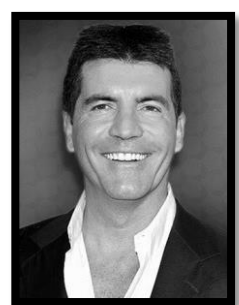


APPEARING SMART


1 Why are first impressions so important?

We all judge people on first impressions. Even in an interview employers say that the first 30 seconds are crucial because people react on first impressions.

But appearance is not just about whether to wear a tie! Simon Cowell never seems to appear with a tie, but he appears smart even if he is wearing jeans.




Having a smart appearance is not the same thing as looking flash. Clothes are important but so too is your face, your smile, the way you stand and even how you smell!

- ? Which personality always appears smart looking?
- ? What is it about them which makes them look smart?
- ? When are you most at your smartest? 

Have you got a photo of you when you were looking really smart? Would you look like this for an interview of first day at work?

2 What do you find hardest about appearing smart?

WHAT'S YOUR CHALLENGE 

I don't have the right clothes to wear	I never have the time to get ready	I hate having to look smart for someone else	I have poor skin and I can't ever make my hair look good	I feel uncomfortable when I dress smart
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick what applies most to you

What would help you ?

.....

.....

.....

3 THINK ABOUT THE IDEAL JOB YOU WOULD LOVE

- ? Would you have to dress smart for this work?
- ? Could you find someone who already does this job and ask them about what they do to appear smart? Questions like:



- ? Does your job have a uniform?
- ? How much money do you spend on work clothes?
- ? What is the best way to get ready in the morning for work?
- ? Could I borrow a suit for an interview if I had to?
- ?
- ?

4 YOUR FACEWORK CHALLENGE

Take 3 different selfie photos of yourself looking smart and relaxed.



- ✓ And ask 5 friends what photo they like best and why.
- ✓ Try to get them to give you just one positive word about the photo they've chosen.
- ✓ If you agree with the positive word text the word to yourself and re-name the photo on your phone with that word!

It's a simple exercise but one which helps you remember what people think about you when you look smart.

5 ONLINE HELPS

There are lots of youtube tutorials about looking smart and improving your appearance.



Also watch the video at www.facework.today/challenges/self-management and see if you agree with his advice. Could you really lose your job because of poor appearance?