



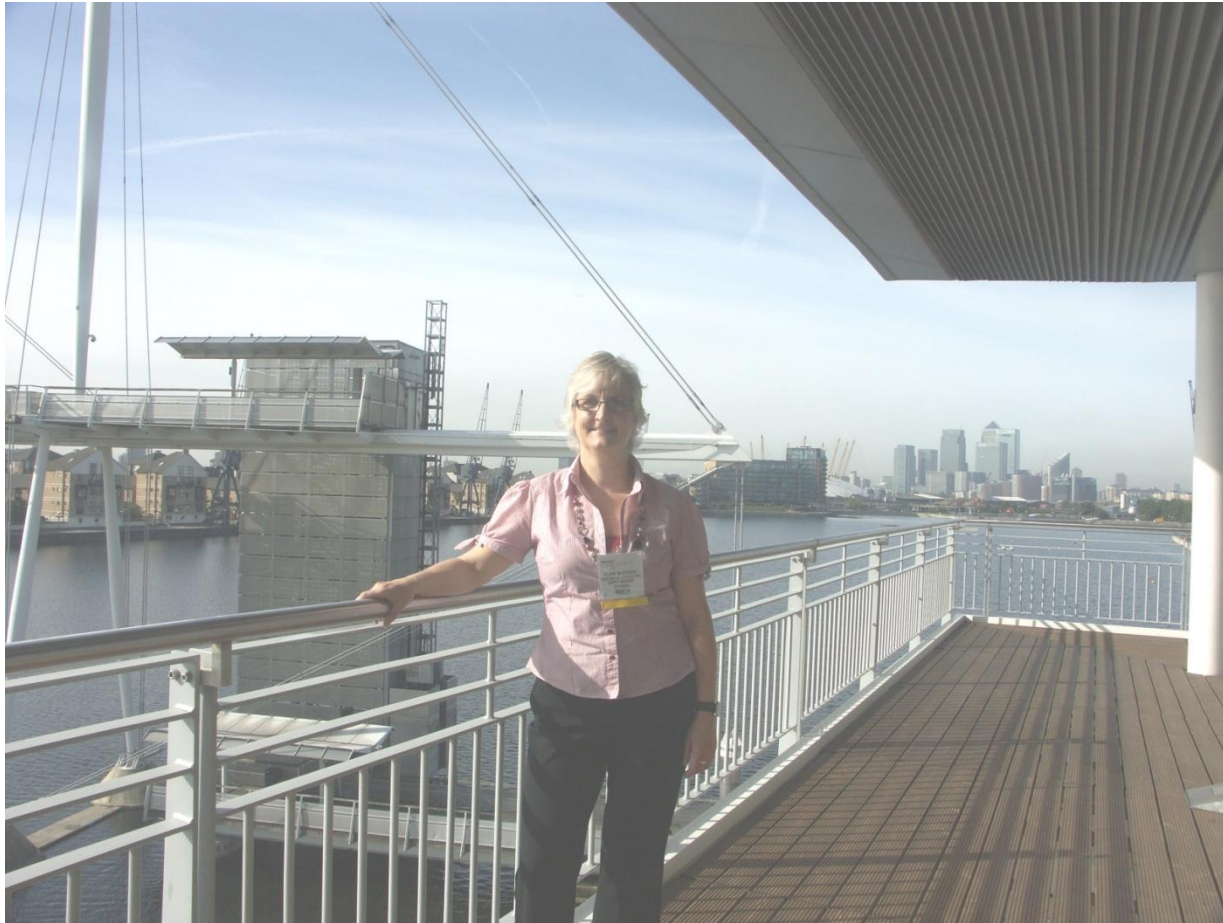
**MAKE A  
GREAT FIRST  
IMPRESSION**

# Why Listen to me?



- Nurse
- NLP and Life Coach
- Author
- Speaker
- Helped many clients find jobs they love
- **Online programme:**  
**‘Find a Job You Love’**  
[www.ajobyoulove.co.uk](http://www.ajobyoulove.co.uk)  
[www.happynurses.co.uk](http://www.happynurses.co.uk)

# Speaking and Inspiring



Claire Westwood - [www.ajobyoulove.co.uk](http://www.ajobyoulove.co.uk)

# Flexible working!





The happy nurses guide to  
**Creating a  
Balanced Life**

The 12 week coaching plan  
for busy nurses

**Claire Westwood**

RGN, RSCN, BA (Hons) Health Studies, Dip Life Coaching



# You are in the right place!

- Four steps
- For those who want to make a great first impression
- Ideas you can implement NOW
- How to get involved further for rapid results

# Four vital steps

1. Introduction
2. Presence and charisma – smile and shake hands
3. Non-verbal communication
4. Emphasise your best – know who you are

How people see you matters!

# How about these?



# Introducing yourself

- Smile and stand tall
- Open body language
- Say 'hello' and use the other person's name if you know it
- Say your name – slowly and clearly
- Shake hands

# How to introduce yourself

- Your name
- Why you are there
- Who you are there to see
- What you do
- Ask the other person's name and role

# Smile and shake hands



# Emphasise your best - Know who you are

- Know who you are – take off your labels and see who is waiting to get out
- I love.....
- I am great at.....
- I would be excellent in this role because.....

# Introduce yourself with pizzazz!

- Your name
- What you do
- What you are good at
- Why they should give you a job
- Ask the other person's name and role

# Quick notes

- What you have learned
- What you can do straight after this
- What you still need to improve on

# Moving Forward

- Fill in the contact form
- Have a consultation
- Sign up for free webinars  
[www.ajobyoulove.co.uk](http://www.ajobyoulove.co.uk)
- Book me to talk at your event/ workplace
- Do something different to get a different result!

# Have a support group!



# It's now YOUR turn to get a job YOU love....!





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