

# Self-Advocate Communication Resource

## First Impression Tips

A good first impression helps people see you as a strong advocate. Here are some ways to make a great first impression!

<p><b>Be On Time</b></p>		<p>Try to arrive a few minutes early. If you will be late, call or text the person you are meeting.</p>
<p><b>Appearance</b></p>		<p>Wear clean clothes that fit the event. Shower before you go. Brush your teeth. Comb your hair. Double check the NDSS Dress Code Guide for support!</p>
<p><b>Smile</b></p>		<p>Smiling at others goes a long way.</p>
<p><b>Eye Contact</b></p>		<p>Look at the person when you shake hands and when they are talking to you.</p>
<p><b>Be Respectful</b></p>		<p>Look at people when they talk to you, hold the door open, be a good listener.</p>
<p><b>Speak Up</b></p>		<p>Say your name when you meet someone. Use a friendly greeting like "Hi, I'm [name], nice to meet you!"</p>



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