



Ready for Retail

Sell Yourself in 5 Minutes

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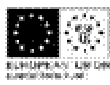
- Positive Impressions
- Body Language
- Effective Communication





Create a Positive Impression

- Dress appropriately (first impressions do count)
- Smile and be friendly
- Demonstrate that you have done your homework and that you know about the company and the job you are applying for
- Listen carefully to any questions that you are asked
- Ask questions – it shows that you are interested in the job
- Be enthusiastic – show that you want the job





The Right Body Language

- Smile
- Shake hands firmly
- Make eye contact with the people you are talking to
- Do not cross your arms – it suggests that you are being defensive
- Sit upright – do not slouch
- Do not fidget – sit with your hands on your lap
- Look interested





Effective Communication

- Be positive and show a positive attitude
- Listen carefully
- Speak clearly
- 93% of our communication with others is non-verbal so be aware of your body language.
- Focus on your strengths
- Be confident (not arrogant)
- Use positive language “I do, I will, I can....” you want to be remembered as a “can do” person.





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Your Questions??

