



First Impressions Lasting Results for Final Year University Students

For students nearing the end of their degree, it can be a very stressful and daunting time gaining a graduate position and transitioning into the workplace. Some of the key areas we have identified that students struggle with during this process are:

- Meeting, greeting and impressing in their first 7 seconds
- Developing their winning hand shake for lasting results
- How to network, create connections and follow up
- Real interview skills and understanding non-verbals
- Difficult conversations

Our aim is to provide final year university students or students applying for internships, with the mindset, skillset and toolset to successfully transition from university life into the workforce and giving them a winning edge to gain a position they love. We want them to build and access a network of contacts, be more attractive to potential employers, feel more confident and competitive at interviews, and succeed in their first days as a new employee. By incorporating the deep learning competencies, and using our conscious communication framework these four workshops will cover:

- Advanced body language boot camp
 - Behaviour profiling for better communication with ourselves and others
 - Body language techniques to create win-win situations
 - Understanding the conscious communication framework
- Hacking the meet and great
 - Your first 7 seconds to success
 - Developing your million-dollar handshake
 - Setting yourself up for success in interviews and the workforce
- 7 steps to mastering networking
 - How to build and maintain a network
 - Setting up professional social media profiles
- Managing difficult conversations
 - Understanding people aren't always difficult, they are just different
 - How to have that difficult conversation
 - Why 35% of employees who leave their jobs leave due to miscommunication

Workshops can be delivered in multiple formats. A one-day bespoke workshop covering two topics of your choosing, a two-day intensive workshop, consisting of all four topics, or four half-day workshops split up over dates of your choosing, covering one topic per workshop. We also provide a one-hour keynote presentation on a single topic of your choosing.