

# How to Introduce Yourself Lesson One

## The Elements of Introducing Yourself

### Verbal and Non-Verbal

#### Non-Verbal

You can introduce yourself, but if you have a fake smile or none at all, it falls flat. If you're happy introducing yourself, be sure to "Tell your face about it."

Demo: Hand shake:

- a. With weak or fake smile.
- b. Drifting eyes rather than making direct eye contact. Drifting eyes seems like you're looking for someone more interesting than the person you're supposed to be greeting.
- c. Rather say anything, you just nod to acknowledge the other person. This is rude arrogance.
- d. Blade and extend your hand to make it clear you'd like to shake hands.
- e. Face your partner with hands out for a friendly hug.

#### Verbal

Demo: Hand shake:

- a. Make eye contact.
- b. Smile, in most cases.
- c. "It's nice to meet you...question"
  - "What brings you here?"
  - "Have you done this before?"
  - "How are things with you?"
  - "Let me introduce my wife, friend, assistance etc..."