



THE FIRST-IMPRESSION CHECKUP

Episode 1: Trust Starts Before You Speak

THE TRUST FRAMEWORK

with Micah Hamilton

T

Tailor your approach

Who are you speaking to? Why are you there? What does the situation call for?

R

Research before you enter

Know the organization, audience, event, opportunity, or problem before you walk in.

U

Use confident signals

Take a breath. Slow down. Finish your sentences. Speak clearly enough to be heard.

S

Show genuine interest

Listen completely. Ask good questions. Respond to what the other person actually says.

T

Tell the truth

Prepare without becoming robotic. Do not pretend to know something you do not. Let yourself sound like yourself.

YOUR 20-SECOND CHALLENGE

Choose one:

☐ Interview introduction

☐ Class presentation opening

☐ Competition opening

☐ Networking introduction

☐ Other: _____

Record your first 20 seconds.

1 STEP 1 • LISTEN WITHOUT WATCHING

Can you understand every word?

☐ Yes

☐ Mostly

☐ No

Did you speak too quickly?

☐ Yes

☐ Sometimes

☐ No



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1 STEP 1 · LISTEN WITHOUT WATCHING

Did you sound interested in what you were saying?

☐ Yes ☐ Somewhat ☐ No

Would you want to keep listening?

☐ Yes ☐ Maybe ☐ No

2 STEP 2 · WATCH WITHOUT SOUND

Do you look engaged?

☐ Yes ☐ Somewhat ☐ No

Are you moving or fidgeting enough to distract from your message?

☐ Yes ☐ A little ☐ No

Do you look toward the person or audience you are speaking to?

☐ Yes ☐ Sometimes ☐ No

3 STEP 3 · MEASURE YOUR IMPACT

Show the recording to someone you trust.

Do not tell them what impression you were trying to create.

Ask:

“What are the first three words that come to mind when you watch me?”



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INTENTION VS. IMPACT

Now write the three words you wanted them to say.

What matched?

What surprised you?

CHOOSE ONE THING

Do not try to fix everything at once.

My one communication skill to improve is:

The next situation where I can practice it is:

After practicing, record yourself again.

Compare the new version with your first recording.



REMEMBER

Confidence is not one personality trait. It is a collection of skills you can practice.