



# Program Description Short - 120 Words

[Please, use this description in your marketing materials for Sylvie's session]

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## **"You have 7 seconds. Make them count!"**

People whom we meet make quick decisions about us. Should they hire us? Vote for us? Buy something from us? Seven seconds. This is that brief moment in time when others first see you, whether it's at a meeting, on the job, at the point-of-sales or at an interview. The good thing is that this impression is something you can control, and Sylvie will show you how you can influence the message you send to others. It's a combination of your dress, your attitude, how you communicate and how you present yourself on the Internet. These are all things that you can shape and mold to work in your and your company's favor, and help you to become the leader that you deserve to be.

**ANY QUESTIONS LEFT?**

Please, always reach out to me!

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 **HAVE TO SNAIL MAIL ANYTHING TO SYLVIE?**

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