

8 WAYS TO BE MORE CONFIDENT ON YOUR FIRST DAY OF WORK

INTRO

Welcome to *The Workforce Link*, where we're offering forward thinking conversations for the workforce, linking employers and job seekers to a brighter tomorrow. I'm your host Sundi Jo Graham and I'm glad to be back with you for another episode today.

So, congratulations goes out to you! You got the job! Not only that, but you got a job you really wanted, more like the career pathway you've been dreaming of. You obviously made a good impression in the interview and now you want to do the same with your boss and co-workers.

Maybe you're a bit nervous about your first day and have a thousand thoughts racing in your head about how it's going to go. It's okay to be nervous, but remember that your first day should be exciting!

Or maybe you haven't gotten that job yet, but you're feeling pretty confident that you did. It's never too early to start preparing.

On today's episode of *The Workforce Link Podcast*, we're going to talk about 8 Ways to Be Confident on Your First Day of Work. Let's dive right in!

DISCUSSION

1) PLAN AHEAD

You don't want to go into the office surprised. Make sure you know what the dress code is prior to starting. You don't want to show up in jeans if the dress code is business casual. Of course this is something that the employer should tell you prior to starting, but just in case, make sure you know.

Also, make sure you give yourself plenty of time to get to work. Don't be late on your first day on the job. That's probably not going to settle well, unless of course you have some really great excuse, like there was a UFO that landed in the middle of the freeway and all the traffic lights were down. Your boss might let that one slip.

2) KNOW THE FACTS ABOUT YOUR NEW EMPLOYER

If you did this prior to sending your resume, because of course you added the company's mission statement on your cover letter like we talked about in previous episodes, as well as doing research before the interview, then you're already one step ahead.

But just in case you didn't, or to dig a little deeper, make sure you've learned as much about the employer as you can prior to your first day. You're obviously not going to be an expert, but you sure can make yourself look like one.

Dig into their website. Find their team members on LinkedIn and read articles and posts they've shared. Do your homework. You'll never regret it.

3) WALK IN WITH A POSITIVE ATTITUDE

The last thing you want to do is walk into your first day grumpy. You might walk in a little nervous, and that's okay, but make sure your face **and** your thoughts line up. Having a great attitude is definitely going to give people a great first impression of you.

Show your enthusiasm and gratefulness for being on the team.

4) GET A GOOD NIGHT'S SLEEP

If you don't want to walk into your first day grumpy, make sure you go to bed at a decent time so you can get up at a decent time. Your sleep affects your mood. Don't go to bed at midnight expecting to get up at 6a and be perky, positive, Polly.

If you can do that, by the way, I'm jealous and I want to know how you do it. If I get less than 8 hours of sleep even Jesus doesn't like me.

Seriously though.. Get a good night's sleep. It's important.

5) ASK YOURSELF WHY YOU'RE THERE

You're going to need to know this on your first day as well as when the days at work get hard. Again, it's okay to be nervous on your first day, so hold onto the answer to that question.

Why are you at this job? Why did you apply for this job? Why did you say 'yes' to the job? Why did they hire you?

Knowing your *why* will help you calm the nerves, as well as stay on track on the hard days.

PROMO - WHY

Speaking of knowing your *why*, do you know your *why*?

Here are some powerful words I want you to sit on for a second: “You lose your way when you lose your *why*.”

Everything changes for us when we start asking ourselves the right questions.

Not “why did I do that stupid thing?” but “why do I want to do something different?”

Listen, friend...

Your children need YOU to find your why.

Your parents need YOU to find your why.

Your future boss needs YOU to find your why.

Your grandchildren need YOU to find your why.

We want to help you find your *why*. That’s why we’ve put together this free gift, *How to Find Your Why*.

The free guide will give you some starter questions to get you on the right path to finding your *why*. If you’re ready to rock your world by digging deeper into building a better tomorrow, don’t wait another day, my friend.

You can download the free guide at cwdregion.com/why.

Remember.. You lose your way when you lose your *why*. Hold onto your *why* like your life depends on it, because your life depends on it.

Again, you can download it today at cwdregion.com/why.

And now.. Back to the show.

DISCUSSION CONTINUED

6) MAKE SURE YOU ASK QUESTIONS

Of course you're not going to know everything on the first day. And trust me.. If you pretend like you do, you're already setting yourself up for failure.

Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. It's more important to ask questions for clarification than messing something up because you were too afraid to ask.

I recommend bringing a notebook and writing things down. Don't just nod your head and say, "Yep, got it." Write. It. Down. Even if you don't need to write it down because you know you'll remember. It shows you're paying attention when you're willing to write things down.

I can only speak for myself as someone who has hired people, managed, and trained them. When I see someone show up with a notebook ready to learn and write, I know they're going to be a valuable asset because it shows they are teachable.

7) INTRODUCE YOURSELF

Your boss or whoever is training you is most likely going to introduce you to your team members, but if not, you should be the first to introduce yourself. And if there are people in the company you might see but not work directly with, go introduce yourself to them, too. This shows your enthusiasm for the job and makes you seem approachable.

And here's a side note.. Try to remember the names of your new team members. Now.. I'm just going to be real here. I struggle with remembering names. I'm great with faces, but I struggle with names. I'm lucky to remember my own.

Write down the names of those you meet if you struggle to remember. And here are a couple tips I try to do as well. When I shake someone's hand and they introduce themselves, I try to repeat their name back to them so I can remember. Something like, "Hi, Lisa. Nice to meet you."

Or.. I try to remember something unique about them.. Something I can attach their name to. Maybe Bob has a freckle on his head. Maybe Nancy likes the color purple. You get the idea.

And if you forget names, which I do all. The. time. Just apologize and ask again. People won't mind, especially if you've met a lot of people that day.

8) ENJOY YOURSELF

You don't want your first day to be so stressful you never want to come back. Hopefully your new boss doesn't want that either. You want your first day to be enjoyable.

Don't get so nervous that you forget to smile or think you're going to forget something and miss out on something. It takes time to settle into a new job and your new role, and hopefully you have a team and a boss that's going to help you adapt well.

Try not to get yourself so worked up that you go home dreading coming back tomorrow. If that's the case, maybe you didn't find the right job.

RECAP

Okay.. let's quickly go over the 8 Ways to Be Confident on Your First Day of Work.

1. Plan ahead
2. Know the facts about where you're working
3. Have a positive attitude
4. Get a good night's sleep
5. Remember *why* you're there
6. Don't be afraid to ask questions
7. Introduce yourself and try to remember names
8. Enjoy yourself

And.. don't forget to celebrate the fact that you got the job. You should be proud of yourself so make sure you give yourself a pat on the back.

REVIEW REMINDER

Before we close out today's episode, I have a question for you. Are you enjoying this podcast? If so, would you mind sharing it with a friend or co-worker who would enjoy it as well? Maybe you have a friend who's getting ready to start a new job and they need a boost of confidence before they start.

Thanks again for sharing and feel free to leave us a review if you haven't already.

CLOSING

That's it for us this week. If you enjoyed this episode, don't forget to share it with a friend.

Have a great week and we'll meet again in the next episode. Until then.. Remember this...
There's always a brighter tomorrow if you're willing to find it.

Links in Today's Episode:

[*How to Find Your Why*](#)