

- 1) impression management is the process of controlling or influencing how others perceive you.
  - it's involves your behaviour with people, communication and appearance to create a positive impression.
  - managing your impression in professional work place is important.
  - in short, impression management means to maintain desired image or reputation.
- 2) impression management is about controlling how others see you. for example,
  - wearing professional clothes to an interview, using confident body language, or highlight your skills to create a good impression.
  - it also involves fitting in with the group's culture & staying calm in stressful situations to appear composed.
  - being aware of how you present yourself, to influence others and leave a positive impression at work place.
  - To improve impression management, you can focus on key areas like, aware about your body language
  - like maintaining good posture and eye contact to appear more confident.
  - good dressing or dressing appropriately helps create a positive impression.
  - practicing active listening shows that you are engaged & respectful in conversations.
  - by managing emotions, especially in stressful situations.
  - and also by a good behaviour with people.