

# The Fifteen Second Hook

## *Making Your First Impression Count*

You typically have only 15-30 seconds to capture someone's attention. This critical window determines whether they'll listen further or keep walking. Here's how to make it count.

Structure of an Effective Hook:

1. Attention Grab (3 seconds): Something that makes them pause
2. Problem Statement (5 seconds): Why this matters
3. Call to Action (5 seconds): What you're asking them to do
4. Benefit (2 seconds): Why it's worth their time

Examples of Effective Hooks:

Hook #1: 'Hi! Do you care about [community issue]?'

Problem: 'Right now, [specific problem is happening]'

Action: 'We're collecting signatures to address it'

Benefit: 'Your voice could help create real change'

Hook #2: 'Can I show you something that takes 30 seconds?'

Problem: 'This affects [relevant group]'

Action: 'We're asking for support'

Benefit: 'Together we can make a difference'

Hook #3: 'Are you a [community/local resident]?'

Problem: '[Problem that affects that community]'

Action: 'Will you sign this petition?'

Benefit: 'It only takes one minute'

Delivery Tips:

- Make eye contact and smile
- Speak clearly at normal volume
- Use natural, conversational language
- Show genuine interest in their response
- Be prepared for rejection—most people will say no
- Don't take it personally—it's not about you

Practice Your Hook:

- Say it out loud until it feels natural
- Record yourself and listen for improvements

- Adjust based on what resonates with people

- Keep it authentic to your personality

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