

Lifestyle

5 Ways To Ace Your First Day At A New Job

Ally Feiam 15/08/2017

One of the most stressful things about starting a new job is the first day. What do you wear? How early is too early to arrive? Where do you eat lunch? Here are a few tips for mastering your first day at a new job, even if you feel like you're on information overload.



Be Open Minded

Jessica Hodkinson from [Online PR Pixie](#) offers her advice for first day jitters. "If you are starting a new job, approach it with an open mind and do not be quick to judge people. Make sure you are polite and keep yourself to yourself for a few weeks. Voicing your opinions and getting involved in company politics can send out the wrong impression to your fellow colleagues. Make sure you are organised from day one so that your workload doesn't

4.3 ★★★★★

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Find out more about Online PR Pixie by following them on [Twitter](#) and [Instagram](#).

Arrive On Time

Adam Kelly from [Optimising](#) offers his advice for those embarking on the first day at a new job. “Remember to be on time, walk through the door with a positive attitude, get involved and even dress for the job you want next without overdoing it. Your employer will be making a judgement about your potential from day one, so make it unmistakably impressive. Creating a positive perception is easier than changing a negative one.” Find out more about Optimising by following them on [Facebook](#) and [Instagram](#). It’s best to arrive at your work around ten minutes before you’re set to start. It’s always good to be early. To make sure you’re at work on time, be prepared the night before. Organise your clothes, have a relaxing shower (spend some extra time under the shower head so you can really relax) and get some quality sleep. Don’t forget to set your alarm! It also helps to make your bed, as you’ll feel like you’ve accomplished something for the day; so make sure your sheets are nice and neat. Your day will feel more organised with that small step.

Ask Questions

Don’t be afraid to ask questions on the first day. They could be as simple as “Where are the toilets?” or as complex as “Where do you see this company headed in five years?”. Okay, maybe the second one is a little out of left field for the first day, but either way, if you ask questions, you’ll find that you appear interested in learning and discovering more about the job. **Michelle Robb** from [Michelle Robb Coaching](#) offers her advice. “Smile, introduce yourself and try to relax. Take the pressure off yourself and let your personality shine! And finally - find out where to get the best coffee - very important” Find out more about Michelle Robb by following her on [Facebook](#) and [Instagram](#).

Don’t Expect To Remember Everything

Sue Parker from [CV Dynamix](#) offers her advice for those who are feeling a little overwhelmed on their first day. “Expect to feel overwhelmed with information. You will feel like a cloud of knowledge has eaten you up. It’s normal to feel like that. Don’t expect to remember everything. You are HUMAN and not a robot. Be kind to yourself. Don’t sit in any fear. Speak up with care and politeness for anything you need. Smile and listen heaps, best clothes on and approach as the start of your new journey.” Find out more about CV Dynamix by following them on [Facebook](#) and [LinkedIn](#).

Connect With People

Simon Bennett from [Glide Outplacement & Career Coaching](#) offers his advice. “Take the initiative to get to know people. Say hello and strike up a conversation in the lift or kitchen. Ask for their tips and advice, for example how to manage an office process or even recommended lunch spots. Most people will be happy to help and flattered that you ask. If you're not busy, be proactive and ask for something to do. If something comes up that is urgent or of a high priority, ask how you can get involved.” Find out more about Glide Outplacement by following them on [Facebook](#).

Starting a new job is stressful, but you can manage the first day like a boss with these easy steps. You’ve got this!

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