

GNAP

First Impressions Can Make the Difference

What is GNAP?

G = **Greeting** – Hi, Hello (said with a smile and a nod).

N = **Full Name** – My name is _____.

A = **Affiliation** – I'm with _____ High School JMG (Who you represent).

P = **Purpose** – I'm here to _____.

Example of using GNAP:

Hello. My name is John Adams. I am with Colgate High JMG. I'm here to learn about working as part of your team and to learn some leadership skills.

Practice: Practice GNAP by introducing yourself to each person in your group. Make sure you have good eye contact and a firm handshake.