

Short term course on Personal Grooming for the workplace

Syllabus

1. The Power of First Impression
 - Importance of Image & How to build a Positive Self-Image
2. Self-Image, Self Confidence, Body Image & Conditioning
 - Changing Habits, Body Positivity
3. Grooming & Hygiene
4. Makeup & Hair
 - According to your face shape analysis, etc.
 - Skin Care, Hair Care
5. How to look your Best
 - Shape & Colour
6. Clothes Power + Practical's
 - Appropriate, Authentic, Affordable, Attractive Dressing according to your roles & goals -in this case according to your college rules or finding a job
 - Fashion Tips
 - Smart Shopping/Shopping on a Budget
7. Presentation Skills + Practical's
8. Interview Skills + Homework
 - How to introduce your self
 - Body Language
 - Making your C.V



Dr. Harini