

Personality development



Development quite essentially means enhancing and grooming one's outer and inner self to bring about a positive change to your life. Each individual has a distinct persona that can be developed, polished and refined. This process includes boosting one's confidence, improving communication and language speaking abilities, widening one's scope of knowledge, developing certain hobbies or skills, learning fine etiquettes and manners, adding style and grace to the way one looks, talks and walks and overall imbuing oneself with positivity, liveliness and peace.

Personality Development is gaining more and more importance because it enables people to create a good impression about themselves on others. It helps them to build and develop relationships, helps in your career growth and also helps to improve your financial needs. After all, Personality Development is nothing but a tool that helps you realize your capabilities and your strengths making you a stronger, a happier and a cheerful person. Outward appearance is the window of your personality to the world. You are not only dress for others but for yourself too.

External appearance is important because that gives the first impression to others about your personality. Two Major Reasons: 1) Outward appearance is easier to examine and easier to improve. 2) Outward appearance has a more direct and immediate effect on one's interactions with others. Role Plays
Inspirational Clips Learning with Fun Pre-Training Observation* Post-Training Observation * One-on-One Feedback Provided * Weekly Follow-ups * Tailor-made courses to suit your needs Incentives for Improvement from Crescendo* What is " Grooming? Importance of Personal Grooming Relation between personal appearance and image projection Disclaimer: This are "

Guidelines Only' about grooming in professional environment and not intended or meant to hurt anyone's feeling. We understand that dressing and outward appearance are affected by Culture and Ethnic background. It is important to dress according to your own style and for the occasion while meeting your organizational dress code guidelines. What is Grooming? It is the process of making yourself look neat and attractive. The things which you do to make yourself and your appearance tidy and pleasant.

Whether this is real or imaginary, the most important fact is that your appearance influences the opinions of everyone around you.

Your professionalism, intelligence and the trust people form in you is mainly due to your appearance. Some of the perceptions people can form solely from your appearance are: Your professionalism Your level of sophistication Your intelligence Your credibility

Personal Grooming Habits: Grooming involves all aspects of yourself Overall Cleanliness Hair Nails Teeth Uniform Make-up

Personal Grooming Habit: HAIR

It is your crowning glory Keep it at a length and style at which you can maintain it Wash your hair everyday or at least every other day Men: We recommend to not fall over the ears, eyebrows or even touch the back of the collar Will always present a neat appearance Facial hair should be neatly trimmed (moustache, sideburns), beards are not recommended Women: Tie your hair in a neat hairstyle with hair pulled back from face Hair if longer than jaw line should be tied into a bun Should be well groomed with a neat appearance at all times Hair holding devices should be plain and of natural colours.

Nails: Clip nails short, along their shape A healthy body ensures healthy nails. Brittle or discolored nails show up deficiencies or disease conditions.

Teeth: Brush teeth at least twice a day Remember to rinse your mouth after every meal For those who smoke it is important you rinse your mouth after every smoke and use a mouth freshener

Uniform: Your uniform talks a lot about your organization First impressions are made within the first five minutes of meeting someone A neat, clean and well ironed uniform is acceptable and appreciated by one and all at all times Your Id-Tags are also an important part of your uniform Make-up: Make up should be natural looking Try avoiding bright and attention catching colors for nail polish and lip color Mild fragrance Women: we advise to stay away from extremely dark, bright reds and fluorescent colors Hair color should not be more than two shades darker or lighter than your natural hair color. Unnatural colors (burgundy, green etc.) must be avoided Accessories Male: Men should limit possibly limit accessories/]jewelry to 3 pieces Accessories include watch, ring, handkerchief Avoid bracelets, necklaces, and visible piercing

Women: Jewelry should be kept minimal and conservative Remove all facial piercing except earrings The 5 Piece Rule: Wear only five accessories -

earrings count as 2; watch count as 3, allowing 2 additional accessories

Shoes: Lace up conservative shoes are the most appropriate Choose black, brown or burgundy shoes. Shoe colors should match your trousers or be of a darker color. Avoid very old, shape distorted shoes. Socks should match the color of your suits and cover your calves. (Try changing socks everyday)

Safest color is black. Belts should be in good condition and match the color of your shoes. Females: Shoes should be pumps or sling backs, do not wear

shoes with open toes, open heel, or ankle straps. Shoes should be of good quality leather. Shoe color should be darker than your trousers. Heels should be 1-3 inches; higher heels should be saved for after hours.

You can also rest your feet on a footrest one at a time, but maintain proper posture and avoid slouching. Step 4 Let your arms hang freely at your sides when possible. Personality Development Training Everyone is influenced by an attractive personality and without influencing others you can't get success in today's competitive world. For many of us, it is not enough to simply have life as it happens. We find it essential to get the most we can out of life and that is being the best that we can be. We may be coping with life - but are we in control of it? You may be successful in some areas of your life, so why not be successful in all aspects of your life?

We believe that working on both your inner self and your outer self will help you build the confidence you need to be in complete charge of your life resulting to fulfilled dreams and living life in abundance. By doing so, an individual maximizes their potential to excel both in their careers as well as their personal lives. Similarly a training in personality development enhances the general as well as unique traits (characteristics which differentiate one from others) of a person. This course aims to help a person understand and know his / her purpose in life, get a positive thought pattern, gain confidence, improve behavior, learn better communication and develop a healthy physique. Course Objective: Help create a purpose statement for life and work. Usher an individual to personal wholeness and satisfaction

To strategize ways for an individual promotion by building your personal brand Aid in achieving correct posture and a healthy life style Manifest good grooming on a person's outer appearance Read and understand the importance of body talk Describe ways to enhance Verbal Communication Describe common practices in observing manners in your work place.