

Personal Development

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Session Time : 3 Hrs





Key Elements of Powerful Positioning

- Balanced Dressing
- Correct Body Language
- Persuasive Speaking
- Gratitude/Thanking Note



Balanced Dressing Tips and Hacks

1

Understanding Your Personal Style - More Comfortable, Combination of your favourite colors, Representing your Profession

2

Understanding Your Body Agenda - Proportion of the Body as per Current Physique, Creating a Best Fit.

3

Cohesive Wardrobe - Go for the best Combinations, Shopping Strategy, Buy Maximum Looks, Try Variations.

4

Creating Your Own Looks - Maintain your own style statement, Signature Style, Accessorize to add Grace



Balanced Dressing Tips and Hacks

1

Right Color Combination, Shade Card Technique, Opposite Side for Making Pair, Hydrated Face, No Smell(Use Suitable Tools)

2

Use Black to Conceal Flaws, Avoid Slouchy Shirts/Blazers which gives an impression of Low confidence

3

Rule of 3 - Create a Capsule Wardrobe & to camouflage Tummy, use upper bottom same color to create a thin line



Body Language Tips

Dos

Talk with your hands moving

Sit with Legs Crossed/Closed

Keep feet/heels on floors/crown of head high

Have a smile on the face

Have Patience all the time

Don'ts

Folding arms on small talks

Legs open

Slouch when sitting

Avoid Rudeness/aggressiveness

Never react under any circumstances
professionally



Persuasive Speaking

Right Amount of Speaking, Keywords in Mind,
Right Time, Right Situation

Always Leave an Impact while talking

A Wise Man Speaks Because He Has
Something To Say, A Fool Speaks Because He
Has To Say Something



Gratitude/Thanking Note

Always be Grateful while meeting an important/unimportant person

As Kids, we are made to learn sorry, thankyou but as adults we often tend to forget these words

Confident greeting at dispersal is necessary





Internal Growth

Enduring Behaviour/Traits, Emotional Pattern

The Demands of Internal Growth are
incredibly more important to us...then the
need for any external expansion of our Power





Eric's 8 Stages Theory of Human Development in Psychology

Trust V/s Mistrust
Birth - 1 Year

Autonomy V/s Shame
2-3 Years

Initiative V/s Guilt
3-5 Years

Industry V/s Inferiority
6-11 Years

**Identity V/s Role
Confusion**
12-18 Years

Intimacy V/s Isolation
19-40 Years

Eric's 8 Stages Theory of Human Development in Psychology

Generativity V/s
Stagnation
41-65 years

Integrity V/s Despair
65 Years - Death

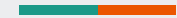


Pour TRM/Duniter
libre de droits

Key Takeaways

- 01 | Start Early
- 02 | Seek Meaningful Relationships
- 03 | Reframe Your Thinking
- 04 | Practise Gratitude
- 05 | Focus on Positivity
- 06 | Explore New Things
- 07 | Engage in Spiritual Practise





Thank you.

