

PERSONALITY ENHANCEMENT TRAINING

Self-Grooming Skills

Create a lasting first impression by mastering professional grooming, personal branding, and workplace etiquette.

6-Phase Program

Certified Trainers

500+ Students Trained

About the Course

Your appearance speaks before you do. In today's competitive academic and professional world, personal grooming is more than looking good — it is about presenting yourself with confidence, professionalism, and credibility.

This course is designed to help students and professionals develop a polished professional image through practical grooming techniques, corporate dressing, body language, etiquette, and personal branding.

By the end of this course, you'll know how to present yourself confidently, dress appropriately for every occasion, and create a strong personal brand that supports your career success.

6

PHASES

8 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is ideal for students, job seekers, fresh graduates, working professionals, entrepreneurs, and anyone who wants to build a professional image and improve personal grooming. No prior knowledge needed.

What You'll Gain



Build a professional and confident personal image



Master corporate dressing, etiquette & body language



Create powerful first impressions

Course Structure

Phase 01 · Professional Appearance & Self-Image

This phase focuses on developing a professional appearance and strengthening your self-image, including career wardrobe planning and self-confidence.

WHAT YOU WILL LEARN

- Planning your career wardrobe
- Understanding clothing lines and body types
- Common dressing mistakes to avoid
- Finishing touches for a polished appearance
- Understanding color coordination
- Professional styling essentials
- Creating a positive self-image
- Common grooming mistakes
- Speaking with confidence
- Strengthening your personal presence

Phase 02 · Grooming Strategies & Corporate Dressing

This phase teaches you how to create strong first impressions and dress appropriately for different professional environments.

WHAT YOU WILL LEARN

- Making a positive first impression
- Professional grooming strategies
- Choosing clothes that work for you
- Color strategies for professional dressing
- Corporate dress codes
- Personal accessories for men and women
- Fashionable vs. professional dressing
- Formal dress code do's and don'ts

Phase 03 · Body Language & Social Etiquette

This phase develops your confidence through effective body language, professional behavior, and social etiquette in formal and networking environments.

WHAT YOU WILL LEARN

- Confident stance and posture
- Maintaining effective eye contact
- Using your smile effectively
- Hand placement and natural gestures
- International etiquette and common faux pas
- Networking confidently
- Professional behavior at social events
- Handling rude situations gracefully

Phase 04 · Appearance & Body Styling

This phase focuses on enhancing your appearance by understanding your body type, personal style, and grooming techniques suitable for professional settings.

WHAT YOU WILL LEARN

- Enhancing facial features
- Basic professional makeup techniques
- Hair and dental care
- Personal cleanliness

- Dressing elegantly
- Choosing fragrances appropriately
- Understanding body shape
- Choosing the right neckline and accessories
- Identifying warm and cool color tones

Phase 05 · Hair Styling & Personal Hygiene

This phase covers grooming habits that enhance your professional image every day, from hairstyling to personal hygiene routines.

WHAT YOU WILL LEARN

- Identifying your face shape
- Choosing suitable hairstyles
- Selecting glasses and sunglasses
- Fresh breath management
- Managing perspiration and body odor
- Skin care routines
- Identifying skin types
- Managing intrinsic and extrinsic aging

Phase 06 · Professional Etiquette & Personal Branding

The final phase focuses on professional etiquette, networking skills, and personal branding to help you confidently represent yourself in business environments.

WHAT YOU WILL LEARN

- How and when to exchange business cards
- Professional networking etiquette
- Voice modulation
- Building self-confidence and self-esteem
- Giving and receiving compliments gracefully
- Small talk and networking
- Building valuable professional relationships
- Travel etiquette

What Students Say

"I learned how small grooming habits can completely change the way people perceive you. My interview confidence improved tremendously."

Rohit Sharma

Team Lead, Delhi

"The corporate dressing and body language sessions helped me make a great first impression during client meetings."

Arjun Mehta

Marketing Professional

Frequently Asked Questions

Do I need any prior knowledge?

No. The course is designed for beginners as well as professionals looking to refine their personality and grooming.

Is the training practical?

Yes. The course includes demonstrations, interactive activities, grooming guidance, body language practice, and real-life professional scenarios.

Will I learn corporate dressing and etiquette?

Absolutely. You'll learn workplace dressing standards, business etiquette, networking skills, and professional behavior.

Will I get a certificate after completing the course?

Yes. Participants receive a Certificate of Completion after successfully completing the course.

Ready to Build Your Professional Image?

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