



## **Success Styles™: Dressing & Grooming for Impact**

### **Course Objective**

This 2-day intensive programme will help participants to achieve success with people by engaging them through effective physical appearance and non-verbal communication.

### **Course Methodology**

- 30% interactive sharing by trainer
- 40% experiential group & individual activities
- 30% group discussions & presentations

### **Course Syllabus**

<i>Module 1</i> <b>What are Success Styles?</b>	Introduction to the power of first impressions and how grooming and silent communication impact our success at work
<i>Module 2</i> <b>Things to Avoid</b>	The do's and don'ts of dressing and behaving in a corporate and social environment
<i>Module 3</i> <b>The Trends Today</b>	The trends of corporate look in different industries and for different purposes, and how to look the part to ensure instant success
<i>Module 4</i> <b>Accessories Speak</b>	The important accessories and props needed for a successful look in women and men, and how to use, hold and place these accessories for the optimal psychological effect
<i>Module 5</i> <b>Dressing Up, Going Up</b>	How to emulate more successful people and be treated with more respect and consideration, using previously undisclosed psychological tactics used in grooming
<i>Module 6</i> <b>Non-verbal Communication Styles</b>	Using voice quality, eye contact and body language to grab attention and convey one's intentions effectively
<i>Module 7</i> <b>Dressing Up Your Work Area</b>	How to create an excellent impression with one's work area in order to impress one's boss, subordinates and important visitors
<i>Module 8</i> <b>Hands-on Final Exercises</b>	Putting the strategies into practice, action plans and final instructions