



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> What are Success Styles?	Introduction to the power of first impressions and how grooming and silent communication impact our success at work
<i>Module 2</i> Things to Avoid	The do's and don'ts of dressing and behaving in a corporate and social environment
<i>Module 3</i> The Trends Today	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> Accessories Speak	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> Dressing Up, Going Up	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> Non-verbal Communication Styles	Using voice quality, eye contact and body language to grab attention and convey one's intentions effectively
<i>Module 7</i> Dressing Up Your Work Area	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> Hands-on Final Exercises	Putting the strategies into practice, action plans and final instructions