



# GroomX Finishing Academy launches its new Self Grooming course in Bangalore

*GroomX Finishing Academy launches its new Self Grooming course in Bangalore*

BENGALURU, KARNATAKA, INDIA, September 20, 2017 /EINPresswire.com/ -- Introduction

It is crucial that the first impression makes a lasting impact.

The aim of GroomX training program, is to equip individuals & executives with the information and skill necessary to ensure that their personal and professional image does not detract from the productiveness of their commercial effort, or the image of their employer.

Personal grooming is very important. To be able to function and fit in today's society, you must make sure your personal grooming is up to standard. Job opportunities, relationship possibilities, and invitations to parties and other social events are all inextricably linked to how you present yourself to the world.

Grooming is simply one of those things that there is no excuse not to take time and effort with.

Objective :

What is Grooming ?

Importance of Personal Grooming.

Relationship between Personal Appearance & Image Projection.

Modules :

Phase 01 : APPEARANCE

Your Appearance is about who you are. Everyday is your important day.

Making a Great First Impression

Clustering Wardrobe

How to enhance your attractive features

Clothes, Corporate Culture, Personal Props, Accessories for Men & Women

Clothing & Styling

Plan your Basic | Everyday | Customized & Career Wardrobe

Lines for you : Dressing Does & Don'ts

The Finishing Touches

Managing your image

PHASE 02 : BODY SHAPE ANALYSIS

No matter what image you choose to present, if you're not dressing for your body shape, you are missing your mark. Once you determine your body shape, you can easily answer the wardrobe questions that have plagued you for a long time. You will find out why you wear some clothes more than others. And why some things just don't look right any more.

Choose the right Clothing Style + Well Proportion

Understand Own Neckline

Understand Own Colour (Warm or Cool)

Face Shape Analysis

Body Shape Analysis

Know your physical features

### PHASE 03 : PERSONAL HYGIENE SKILLS

Hygiene is the first step to good grooming; it enhances an individual's physical and emotional wellbeing.

There are certain lifestyle changes to make if you have a constant problem with body odour. Occasional problems can be treated if you know the cause.

Breath

Dental Care

Perspiration – Body Odour

Fragrance

Hair, Skin, Teeth, Hands, Feet, Nails Care

Overall Cleanliness

### PHASE 04: BODY LANGUAGE SKILLS

Stance & Power

Eye Contact

Hand Gestures

Understanding courtesy and protocol

Managing impressions

Art of social conversation

Social mannerisms

Positive and Negative Body Language

The "Smile" Factor

Voice Modulation

Importance & Learning of different: Poise, Gestures & Postures

Standing, Sitting & Walking Gracefully / Professionally

Practical guides to using Body Language at the Workplace

Common faux pas when dealing in International Arena

### PHASE 05 : BUSINESS CARD USAGE

How to give your card

Asking for someone's card

Using Business Card

### PHASE 06 : HAIR STYLING SKILLS

Students will use the academy tools and products during the entirety of the course.

Right products for hair care

What face shape are you

Practical : 3-4 different types of hair styling

What kind of hairstyle suits you

Handling Wet Hair

Blow Drying

Ironing

Iron Curls

Glasses & Sunglasses that suits hair fashion

### PHASE 07 : MAKE-UP SKILLS

Students will use the academy tools and products during the entirety of the course.

10 steps Make-up basics  
Invest in great tools - Tools of Makeup  
Number of brushes and its importance and usage  
Understanding right products according to skin type  
Identify skin type  
Eye makeup design - Make your Eyes pop  
Make-up Composition  
Skin hygiene and preparation  
Skin types and textures  
Color complementation and contrast  
Foundation applications & Nail paint application  
Day look | Evening look | Night look | Party look  
Smokey eyes  
Sealing and finishing in make-up  
Lipstick application  
PASE 08 : PERSONALISED SESSION ON  
Stylist : Guidance for Haircut (REFERENCES): Outdoor  
Saloon Visit for : Hair, Skin and Body care : Outdoor  
Sari Draping / Lehenga Draping Styles : 3-4 different Styles  
Personal Shopping : At a nearby Shopping Mall

#### PHASE 9 : BRIEFING ON

Travel Etiquette  
Small talk & Networking  
Paying & Receiving Compliments  
Building Self Confidence and Self Esteem

#### PHASE 10 : DINING ETIQUETTE & TABLE MANNERS

Understanding :  
Formal & Casual Table Setting  
Silverware & Glassware  
Do's and Don'ts of Dining Etiquette  
Navigate a Place Setting  
Introduction to Chop Sticks  
Tips on how to avoid embarrassment due to certain values  
Etiquette at Restaurant  
How to Handle Staff  
Buffet Etiquette

Info  
This is a 121 training session. 1 Trainer 1 Student session.  
Dining Etiquette session will be delivered in a group of 2-3 participants.  
Session can take place on : Everyday basis | Alternate day | Weekly thrice | Weekend basis, as per the availability of the participant.  
Time of the session : Anytime between 9:00 AM - 7:00 PM (as per availability).  
Day of the session : Any Day between Monday - Sunday (as per availability).  
Per day session : Minimum of 2 hours to Maximum of 3 hours session.  
Methodology of the session, combination of : Role play | Activities | Case Studies & PPT's | Audio & Video clips | Mockup segment etc.  
70% of this session will be demonstrative based.  
Dining Etiquette Session will be combination of :  
o Theory: Video Clips along with PowerPoint Presentations & Discussion.

o Practicals: Serve of vegetarian food to make it experiential.

#### Epilogue

GroomX offers continuous up gradation of the trainings once designed.

The primary goal is to "feel good" about the way you look and project a positive image. There is no such thing as a wasted effort. When you feel good about yourself, you naturally convey confidence and a positive attitude.

Jal Dani

GroomX Knowledge Works Pvt Ltd

+91-9036111000

email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.