Personal Grooming

Overview

Elevating Your Personal Grooming @ the Workplace. This is a transformative course focusing on crafting a compelling professional identity.

Participants explore personal branding's significance, delve into color psychology, decode dressing styles, and learn to build a versatile wardrobe capsule.

By the end, they gain confidence to authentically communicate their value and make strategic wardrobe choices, propelling their careers forward.

Program Outcomes

- Understand the concept and importance of personal branding in the workplace.
- Identify their unique strengths and values to craft a compelling personal brand statement.
- Gain insights into the psychological effects of colors and learn to incorporate them effectively into their professional image.
- Define their dressing style based on personality and professional requirements.
- Learn to build a versatile wardrobe capsule tailored to their individual needs and brand image.

Who Should Attend

This course is ideal for professionals looking to elevate their personal brand and image in the workplace, individuals keen on mastering personal styling and wardrobe management, and anyone striving to make a positive career impact through their appearance and personal brand.

Delivery Method

- **Interactive Presentations**
- **Group Discussions and Activities**
- **Case Studies and Real-life Examples**

1 Day Program
(7 hours excluding break hours)

Price: RM3,000/Pax

HRDC Claimable

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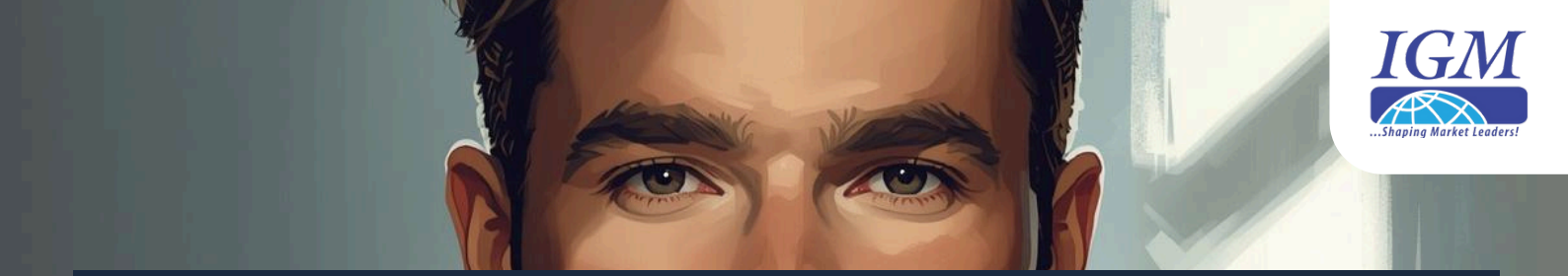

Modules

Session 1: Personal Branding

Understanding Personal Branding
- Definition and Concept
- Importance in Professional Growth

Identifying Your Unique Attributes
- Strengths, Skills, and Values

Crafting Your Personal Brand Statement
- Defining Your Professional Identity
- Communicating Your Value Proposition

Session 2: Color Factors

The Psychology of Colors
- Impact of Colors on Perception
- Choosing Colors to Reflect Your Brand

Understanding Color Theory
- Warm vs. Cool Tones
- Complementary and Contrasting Colors

Incorporating Colors in Your Wardrobe
- Selecting Colors that Align with Your Brand Image
- Tips for Mixing and Matching Colors Effectively

Session 3: Personality Dressing Style

Defining Your Dressing Style
- Classic, Creative, Casual, or Chic?
- Matching Your Style with Your Personality

Dressing for Success
- Dress Codes and Professional Standards
- Enhancing Your Image Through Clothing Choices

Accessorizing and Grooming Tips
- Using Accessories to Elevate Your Look
- Maintaining a Polished Appearance

Session 4: Building Your Wardrobe Capsule

Introduction to Wardrobe Capsules
- Benefits of a Capsule Wardrobe
- Essential Items for a Versatile Wardrobe

Creating Your Personal Capsule
- Assessing Your Wardrobe Needs
- Building a Capsule Based on Your Lifestyle and Career

Ms Betsy Yip / Jason / Nurfairuz / Susan
Email: inquiry@igmedu.com
Telephone No.:
+6018-277 8807 / +6018-949 8807

IGM Academy Sdn Bhd
39, 1st & 2nd Floor, USJ 21/10, USJ 21, 47630, Subang Jaya, Selangor

www.igmedu.com

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