

Workshop on Dress Code

(Dress to suit your physique, face & personality)

CONTENTS

- Golden rules to plan schedules
 - Impress at first sight
 - How to select clothes
 - Professional dress sense: dress to project authority & credibility
 - Formal Wear
 - i. Office suits
 - ii. Winter suits
 - iii. Summer suits
 - iv. Overcoats
 - v. Dining suits
 - vi. Types of formal shirts
 - vii. Types of office ties
 - Casual yet office Wear
 - Dress to meet the demand of the workplace
 - How to design stylish ties
 - Different types of knots for different occasions
 - Types of footwear for different occasions
 - Having complete understanding of yourself, your figure, face & personality
 - Simplicity & good taste
 - Fashion and style quotient in office wear
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- Different types of collars for different ties
 - The right accessories
 - Creating a core wardrobe for your business
 - Hair styling
 - Stay fit(Health management)
 - Color blending
 - Image spoilers for men & women
 - Your happiness quotient
 - Your inner wears are also fashion statement today

"The Workshop is of one day. There will be 4 sessions of 100 minutes each."

METHODOLOGY :

- Motivational Training (no lectures or monologue)
- Role plays and exercises.
- Sharing live examples. (Experiential Learning)
- Inviting participants on stage to share their experiences.
- Games related to the topic to make learning easy and fun.
- Power point slides and video clips.
- Question-Answers at the end of every session.
- Relevant one-liners to make the room lively.
- Home Assignments.
- **On demand, Yoga and pranayama can be incorporated for better concentration**

BEFORE WORKSHOP :

- Participants can send their problems and questions, if any, two days in advance at info@anuragaggarwal.com

AFTER WORKSHOP :

- Participants can take Mr. Aggarwal's personal email & mob. no. and can get their problem solved.

For details visit our website :
www.anuragaggarwal.com

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FIRST YOU MAKE AN ATTITUDE THEN ATTITUDE MAKES YOU