



Elevate Your Professional Presence Through your Image

To equip participants with simple, practical strategies to align their visual appearance and body language with their professional competence, ensuring they project confidence, build trust, and communicate authority across all in-person and virtual professional settings.

@nadjma_rawat



You have invested in the best product, the perfect location, and top-tier marketing. But in the final mile does your team reflect your brand?

The Solution: Elevate Your Professional Impact. A 4-hour or 8 hour masterclass designed to align your team's presence, posture, and professional image with the standards of your organisation.

Half Day course

Module 1: The Psychology of the First 7 Seconds

- Understanding how clients subconsciously judge credibility.
- The "Visual Handshake": Aligning personal grooming and attire with corporate identity.
- Eliminating the "Slumpy" Impression: Why posture is your loudest form of communication.

Module 2: Strategic Non-Verbal Mastery

- Body language for engagement: Moving from disinterested to approachable.
- Eye contact and facial expressions that build trust.
- The "Space" Factor: How to command a room while making the client feel comfortable.

Module 3: The Science of Color & Professional Fit

- Using color psychology to signal authority or warmth.
- Professional dress codes vs. "The Brand Uniform."
- Practical tips for maintaining a "high-impact" look throughout a long shift.

Module 4: The Individual Action Plan

- A guided self-audit for every participant.
- Developing a personalized "Standard of Presence" to use every day.
- Role-play: Handling common professional interactions with newfound confidence.

Duration	Theory 2h30 mins	Practical 1h30 mins	Total 4hrs
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Cost per participant	Rs. 13,000
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Full Day Course

Module 1: The Foundation: How Image Translates to Trust (1.5 hours)

- The Power of First Impressions
- Defining Your Professional Look
- Dress Codes Made Simple: Guidelines for selecting appropriate attire for different business settings
- The Silent Cues of Your Environment

Module 2: The Body Speaks: Mastering Non-Verbal Signals (2 hours)

- The Confidence Code (Posture): Using posture to project authority and self-assurance
- The Eyes Have It (Contact): Using eye contact effectively to show engagement, build rapport, and project
- Hands and Gestures: Using your hands purposefully
- The Professional Greeting

Module 3: Beyond Words: Tone, Time, and Space (2 hours)

- Voice Power: Controlling your tone, pitch, and volume
- Respecting Time
- The Cohesion Check

Module 4: Sustaining and Evolving Your Professional Brand (1.5 hours)

- Reading Others
- Seeking Your Mirror
- The Strategic Self-Audit
- The Action Blueprint: Creating a focused, personalised action plan with simple daily habits to ensure your professional presence remains a long-term asset.

Duration	Theory 6hrs	Practical 2hrs	Total 8hrs
Cost per participant	Rs. 24,132		

About the Trainer

Nadjma Rawat is a dynamic and versatile professional who has successfully bridged diverse industries, including banking, telecommunications, retail and managing a model agency. Her unique career journey reflects her ability to adapt, innovate, and bring a fresh perspective to every role she undertakes. With a strong focus on people, Nadjma is passionate about empowering individuals and enhance their potential, whether through strategic HR initiatives, talent development, or image consulting.

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