



SANGEETA SINDHI BAHL
Executive MBA (UK), AICI FLC

Sangeeta Sindhi Bahl, Founder and Director of Impact Image Consultants, is a former airline professional, model, actress and now an image, etiquette and color consultant for both men and women. She is based in Gurgaon, India. In 2006, using her MBA business acumen and 24 years of international airline industry experience, she graduated from Image Maker Inc., founded by Dr. Joyce Knudsen, AICI CIM, completed her color training at Universal Color System in Australia, and trained in bridal, airbrush, fashion and ramp makeup at Kryolan Mephisto Makeup Academy in Germany.

Sangeeta is the first AICI Certified Image Consultant in India. Having worked extensively with Emirates, Thai International and Royal Jordanian airlines, and accustomed to dealing with royalty and international celebrities, etiquette and protocol are second nature to Sangeeta.

She customizes and creatively designs seminars and in-house presentations for both companies and individual clients. Her vivacious personality and practical, dynamic approach have helped clients discover and develop their own sense of identity and style with color, personality and lifestyle. Sangeeta instills in each client a sense that they are glamorous and very special.,

About this Workshop

- ▶ This workshop will encourage participants to upgrade their communication skills and shed their inhibitions and negativity.
- ▶ Particular care is taken over their personal appearance, etiquette, body language and protocol.
- ▶ The program will be completely interactive.

PERSONAL HYGIENE FOR BOTH MEN AND WOMEN

- ▶ Skin Care, Looking after your hands and feet(Cracked Soles)
- ▶ Hair care, styling, Gel and Color
- ▶ Make up and Perfumes
- ▶ Beard And Moustache
- ▶ Camouflaging Marks & Unsightly Scars, Unwanted & Excess Hair
- ▶ Controlling Odors – Body & Mouth
- ▶ Restroom Etiquette

ATTIRE

- ▶ Fit, Color Co-Ordination, Work Wear, Smart Casuals & Casuals
- ▶ Care Of Formal Wear, Eye Wear
- ▶ Belts, Scarves, Accessories
- ▶ Looking after your shoes, sandals, wallets and bags

FITNESS & DIET

- ▶ Streching and Exercise at Intervals
- ▶ Stress Busters
- ▶ Calming the mind
- ▶ Balance your work and life
- ▶ Foods to avoid at work
- ▶ Cure for Hangovers

FIRST IMPRESSIONS

- ▶ Haking Hands
- ▶ Business card savvy
- ▶ Art Of Introduction and Conversation
- ▶ Networking Tips and Topics
- ▶ Taboo Topics
- ▶ Interpreting Various types of Body Language
- ▶ Giving and receiving compliments

BUSINESS ETIQUETTE

- ▶ Etiquette at workplace
- ▶ Net and telephone Etiquette
- ▶ Different styles of Communicating
- ▶ Voice and accent Control
- ▶ Presentation skills
- ▶ Time Management

BODY LANGUAGE

- ▶ Poise , Posture and Personality
- ▶ Eye Contact
- ▶ Sitting and Standing
- ▶ Gestures verbal and non verbal
- ▶ Lasting Impressions

FINE DINING AND BUSINESS ENTERTAINING

- ▶ Seating and ordering as host
- ▶ Wine and Cocktails
- ▶ Napkins, Crockery and Cutlery settings
- ▶ Taking the tab(Bills and cheques)

Rs. 7500/-* + Service Tax extra.

IMPACT IMAGE CONSULTANTS

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