



**Dr. Lalita Iyer-AMA Centre for the Development of Women**

**A Programme for Women Empowerment**

# **Being Different**

**Change your Image, Change your life.**

**Friday, June 23, 2017 • 9.30 a.m. to 1.00 p.m. followed by lunch.**

at Torrent-AMA Management Centre, Core-AMA Management House, AMA Complex, Dr. Vikram Sarabhai Marg, Ahmedabad 380 015

***Presenting a training program to help women create a powerful Impression and succeed in their personal, professional, and social life.***

Each one of us presents an Image Consciously and Subconsciously all the time. Through the Image that we project, we communicate with people without saying a word.

Image Matters as people make judgments and assumptions based on limited information.

Image Management teaches us to optimally use Clothing, Grooming, Etiquette to maximise our impact on others. So that long after a personal, professional, or social meeting is over, we are still remembered and recalled with admiration and purpose.

***“The way you look directly affects, the way you think, the way you feel, the way you speak, the way you act or behave, and then the way others react or respond to you.” –Judith Rasband***

***Look good and feel confident. Radiate confidence & be stylish; be a celebrity; achieve a work-life balance.***

**Topics Covered:**

- Establishing a positive First Impression
- Communication of Clothes
- Effective use of body language techniques to be confident
- Talk your way to the top with excellent vocal communication skills
- Healthy Mind and Body

**Faculty :** **Ms. Sai Swapna P.** is an Image Consultant, soft skills trainer and a coach working for empowerment of women and youth.

**Fee :** Rs.600/- per person

## **A Programme for Women Empowerment - Being Different**

**June 23, 2017**

**Registration Form:** Please fill-in and return this form along with participation fee to:

Ahmedabad Management Association, Dr. Vikram Sarabhai Marg, ATIRA Campus, Ahmedabad 380 015.

Phone: 079-26308601-6 • Mobile: 9537407187, 7069940917 • Fax: 079-26305692

E-mail: ama@amaindia.org • Website: www.amaindia.org

Name(s)	Designation
1. _____	_____
2. _____	_____
Organisation: _____	
Address: _____	
	Pin Code: _____
Phone: _____	Mobile: _____
E-mail: <input type="text"/>	