



**Programme on**  
**Change your Image, Change your Life!**  
**(Making a difference in your life)**  
**[Batch-9]**  
**12 Class Sessions, 6.30 pm – 8.00 pm**  
**Monday to Saturday, March 25 to April 6, 2019**

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

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*“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

**Presenting a training programme to create a powerful impression and succeed in 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.

This training teaches us to optimally use Clothing, Grooming, Etiquette to maximize 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.

**Interactive and activity based sessions:**

- Establishing a Positive First Impression
- Power of Personal Appearance and Grooming
- Effective use of Body Language techniques to be confident
- Talk your way to success with Effective Communication Skills
- General & Business Etiquette
- Healthy Mind and Body

**Who should attend?** Students, Businessmen, Housewives, Entrepreneurs, Corporate Executives etc.

**Faculty :** Ms. Swapna Sai P., Certified Image Consultant & Soft Skills Coach

**Fees :** Rs.2500/- including GST. Fee includes course fee, cost of reading material & refreshments.

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**Registration Form:**

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

**Ahmedabad Management Association**, AMA Complex, Ahmedabad 380015.

**Ph.:** 079-26308602-5 • **Mobile:** 9537407187, 7069940917, 7203030990

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

**Android Mobile App:** AMA-Ahmedabad amaIndia.org

Name(s)	Position
1.	
2.	
Organisation:	
<b>GST No.:</b>	AMA GST No.: <b>24AAATA 5881D1Z0</b>
Address:	
	Pin Code:
Phone:	Mobile:
E-mail:	<input type="text"/>