



**INSTITUTE OF DESIGNING &
FASHION TECHNOLOGY**

**PERSONALITY
DEVELOPMENT
PROGRAM**

"Be the best of You"



ABOUT THE PROGRAM

Personality development is the relatively enduring pattern of the thoughts, feelings, and behaviours that distinguish individuals from each other.

Personality development includes many things.

Cleanliness of body, our behaviour in multiple situations, the maturity of mind all come in personality development.

Personality development is about building your capacities, nurturing your talent, enhancing new skill sets, working on your weaknesses, and transforming them into strengths.



TOPICS WE COVER

- **WHAT IS PERSONALITY DEVELOPMENT**
- **PUBLIC SPEAKING**
- **PRESENTATION SKILLS**
- **INTERPERSONAL SKILLS**
- **COMMUNICATION SKILLS**
- **BODY LANGUAGE**
- **ANGER MANAGEMENT**
- **OVERCOMING HESITATION**
- **GROUP DISCUSSION**



TOPICS WE COVER

- **FACIAL EXPRESSION**
- **PRONUNCIATION**
- **ATTITUDE MANAGEMENT**
- **OVERCOMING STAGE FEAR**
- **IMPROVING SELF CONFIDENCE**
- **IMAGE GROOMING**
- **OVERALL ENHANCEMENT**
- **BUSINESS ETIQUETTES TRAINING**
- **TIME MANAGEMENT**
- **STRESS MANAGEMENT**



BENEFITS OF THIS PROGRAM

- Personality development enables you to discover your qualities
- It empowers you to make the right decisions and to choose wisely
- It builds that one winning quality in you- that is confidence.
- Confident people are more equipped to succeed in the long run
- It assists you in communicating clearly, convincingly, and precisely
- Once you know how to develop personality, you will be seen as a leader by your peers and colleague



YOUR TRAINER

TULIKA SINHA

Co-Founder of IDFT Mumbai.

Digital Marketing Expert, A

Fashion Stylist, Content Writing

Expert and

Writer & Editor with various

magazines including Women's Era.

5 years exp. in teaching with

Mumbai University Colleges.

Expert in handling Social Media

with keen and great knowledge of

Digital Marketing. She even

teaches & guides attendees and

students on English Speaking,

Professional Grooming Personality

Development which is essential for

their future growth.





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