

MOST POPULAR COURSE

# Behavioural Skills & Personal Impact

Build confidence, improve your presence, and create lasting impressions in every personal and professional interaction.

*"Enhance Your Presence. Communicate with Confidence."*

Have you ever met someone who immediately made a positive impression? Have you wondered why some people appear confident, professional, and comfortable in every situation? The answer often lies in their **behavioural skills**.

Behavioural skills are the personal qualities and habits that influence how we communicate, interact, and present ourselves. These skills play an important role in both personal and professional success, helping people build strong relationships, communicate effectively, and create a positive impression wherever they go.

The **GroomX Behavioural Skills & Personal Impact Course** is designed to help individuals develop confidence, improve body language, strengthen communication skills, and build a positive personality — whether you are a student, a job seeker, or a working professional.

Through interactive sessions, real-life examples, role plays, and personalized feedback, you will learn to present yourself confidently, handle social and professional situations gracefully, and avoid common behavioural mistakes — leaving a lasting impact on everyone you meet.

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|----------------------------|--------------------------|------------------------------|------------------------|
| 12<br>POWER-PACKED MODULES | 500+<br>STUDENTS TRAINED | 100%<br>INTERACTIVE LEARNING | ★4.9<br>AVERAGE RATING |
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## Why Choose This Course

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| <b>Build a Confident and Impactful Personality</b><br>Learn how to present yourself confidently in every personal and professional interaction. | <b>Improve Body Language</b><br>Understand how gestures, posture, facial expressions, and movement influence how people perceive you. |
| <b>Create Strong First Impressions</b><br>Learn proven techniques to make positive and memorable first impressions.                             | <b>Communicate with Confidence</b><br>Improve verbal and non-verbal communication skills to connect effectively with others.          |
| <b>Handle Situations Gracefully</b><br>Develop confidence to interact comfortably in meetings, interviews, events, and networking.              | <b>Increase Self-Awareness</b><br>Understand your strengths and areas for improvement to become the best version of yourself.         |
| <b>Learn Professional Etiquette</b><br>Master professional behaviour expected in modern workplaces and international environments.              | <b>Develop Positive Presence</b><br>Build a strong personal brand through confidence, elegance, and effective communication.          |

## What You Will Learn — Module Outline

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This program has 12 carefully designed modules. Each module builds on the previous one, so you learn step by step in the right order.

### 1 Self Introduction — Positive and Confident Presentation

Your introduction is often the first opportunity to create an impression. Learn how to introduce yourself confidently in interviews, meetings, networking events, and social gatherings, highlighting your strengths from the start.

### 2 First Impressions — Smile, Posture and Handshake

People often form opinions within seconds of meeting someone. This module covers the key elements that shape first impressions:

- Smiling naturally
- Maintaining proper posture
- Professional handshakes
- Positive energy and confident appearance

### 3 Body Language Basics — Gestures and Movements

Body language communicates even when you are not speaking. Understand hand gestures, facial expressions, standing and sitting posture, walking confidently, and personal space awareness.

### 4 Eye Contact — Building Connection and Trust

Eye contact is one of the most powerful communication tools. Learn to use it naturally to build trust and connection, and avoid common mistakes that create discomfort.

### 5 Personal Presence — Stance, Poise and Awareness

Personal presence is how others experience you. Learn how posture, movement, appearance, and attitude contribute to a powerful, professional presence.

### 6 Confidence Building — Elegance in Communication

Confidence is not about speaking loudly — it's about speaking clearly and respectfully. Develop self-confidence, positive thinking, calm communication, and professional speaking habits.

### 7 Social Skills — Handling Introductions and Conversations

Practical social skills including starting conversations, introducing people, joining group discussions, active listening, and building rapport.

### 8 Difficult Moments — Managing Awkward Situations

Practical strategies for handling forgotten names, conversation gaps, misunderstandings, and uncomfortable questions while staying calm and professional.

**9 Professional Etiquette — Global Behaviour Standards**

Covers workplace manners, meeting etiquette, professional communication, respectful behaviour, and international business etiquette.

**10 Common Mistakes — Avoiding Social and Professional Faux Pas**

Highlights common behavioural mistakes and teaches how to avoid actions, habits, and behaviours that can unintentionally damage your image.

**11 Non-Verbal Communication — Gestures and Posture**

Explore how posture, facial expressions, gestures, movement, and tone of voice affect communication and shape how others perceive you.

**12 Overall Impact — Building Confidence and Personality**

The final module brings everything together into a complete action plan to keep improving your confidence, communication, behaviour, and personal presence.

## What Will You Be Able To Do After This Course?

✓ Introduce yourself confidently

✓ Create positive first impressions

✓ Improve body language and posture

✓ Maintain effective eye contact

✓ Communicate professionally

✓ Build strong social skills

✓ Handle difficult situations gracefully

✓ Improve self-confidence

## Who Is This Course For?

**Working professionals**

Employees who want to improve workplace communication and professional image.

**Students and freshers**

Students who want to improve confidence, communication skills, and personality.

**Anyone who wants to improve**

Anyone who wants to become more confident, professional, and socially effective.

# Frequently Asked Questions

**Do I need previous experience to join?**

No. This course is suitable for beginners as well as experienced professionals.

**Will this course improve my confidence?**

Yes. Confidence building is one of the core objectives of this program.

**Is body language covered in detail?**

Yes. Several modules focus on body language, posture, eye contact, and non-verbal communication.

**Can this course help with interviews?**

Absolutely. The skills learned in this course can significantly improve interview performance.

**Is this useful for working professionals?**

Yes. Behavioural skills are highly valued in workplaces and leadership roles.

**Will I receive practical training?**

Yes. The course includes activities, discussions, role plays, and practical exercises.

# What Our Students Say

★★★★★

"I learned how to present myself confidently during interviews and professional meetings. The difference in my confidence is remarkable."

**Anjali S.**  
MBA Student

★★★★★

"I used to feel nervous meeting new people. Now I can introduce myself confidently and communicate comfortably."

**Priya M.**  
Graduate Student

★★★★★

"The body language and communication modules helped me improve both my personal and professional interactions."

**Rohit K.**  
Software Professional

## Ready to Make a Lasting Impression?

Join hundreds of learners who have transformed their confidence, communication skills, and personal presence through GroomX.

**Call us: 9036111000 | Visit our office in Bangalore anytime**