

MOST POPULAR COURSE

Self Grooming Training For Male & Female

Build a professional image with confidence, style, and excellent personal grooming habits.

"Look Smart. Feel Confident. Present Your Best Self."

The way you look and present yourself creates the first impression before you even speak. Good grooming is not only about wearing nice clothes — it is about cleanliness, confidence, body language, and taking care of yourself every day.

The **GroomX Self Grooming Training Program** helps both men and women develop a smart, polished, and professional appearance. Whether you are a student preparing for interviews, a working professional, an entrepreneur, or someone who wants to improve their personality, this course teaches practical grooming skills you can use every day.

You will learn how to dress for different occasions, choose clothes that suit your body type, improve personal hygiene, develop confident body language, and build a strong personal image. The course also covers professional etiquette, networking, and confidence-building techniques that help you create a positive impression wherever you go.

6

PRACTICAL LEARNING PHASES

500+

STUDENTS TRAINED

100%

PRACTICAL LEARNING

★4.9

AVERAGE RATING

Why Choose This Course

Improve Your Personal Appearance

Learn simple grooming habits that make you look neat and professional every day.

Build Self-Confidence

Feel more confident in interviews, meetings, social events, and daily life.

Dress Smartly

Understand what to wear for different occasions and professional environments.

Develop Better Personal Hygiene

Learn healthy daily habits that improve cleanliness and self-care.

Create Great First Impressions

Present yourself with confidence, elegance, and professionalism.

Master Body Language

Develop a positive, confident presence through posture, eye contact, and gestures.

Learn Professional Etiquette

Master business cards, networking skills, travel etiquette, and more.

Receive Practical Guidance

Practice grooming techniques with expert trainers and personalized feedback.

What You Will Learn — Phase Outline

This course includes 6 carefully designed phases that help you improve your appearance, confidence, and personality step by step.

P1 Phase 1 — Professional Appearance and Career Dressing

Your appearance plays an important role in your personal and professional success. Learn how to build a polished, professional look for every occasion.

- Planning a professional wardrobe
- Building a basic career wardrobe
- Choosing clothes for your body type
- Understanding colours that suit you
- Avoiding common dressing mistakes
- Adding the right finishing touches
- Building a positive self-image
- Speaking with confidence through your appearance

P2 Phase 2 — Building Your Personal Image

Your clothing and accessories communicate your personality before you speak. Learn how to dress confidently and appropriately for every setting.

- Creating strong first impressions
- Developing effective grooming habits
- Choosing clothes that match your personality
- Understanding corporate dress codes
- Selecting accessories for men and women
- Using colours effectively
- Dressing professionally for different occasions
- Avoiding common fashion mistakes

P3 Phase 3 — Body Language and Personal Presence

Your body language speaks even when you are silent. Create a confident and positive presence in every interaction.

- Maintaining confident posture
- Making comfortable eye contact
- Using your smile naturally
- Using hand gestures correctly
- Avoiding common body language mistakes
- Understanding international etiquette basics
- Developing elegance and confidence
- Handling professional networking events and receptions

P4 Phase 4 — Personal Appearance and Self-Care

Looking your best starts with taking care of yourself every day. Build a neat, healthy, and professional appearance.

- Enhancing your natural features
- Basic makeup techniques (where applicable)
- Hair care and dental hygiene
- Skin care and body cleanliness
- Using perfumes and fragrances correctly
- Choosing clothing that suits your body shape
- Understanding colours that complement your skin tone
- Building a balanced and elegant appearance

P5 Phase 5 — Hair Care and Personal Hygiene

Healthy grooming habits improve both confidence and well-being. Build lifelong grooming habits that make a difference every day.

- Choosing hairstyles for different face shapes
- Selecting suitable glasses and sunglasses
- Maintaining fresh breath and body hygiene
- Managing body odour effectively
- Understanding skincare routines
- Identifying different skin types
- Learning about healthy skin and ageing
- Developing daily personal care habits

P6 Phase 6 — Professional Etiquette and Networking

The final phase combines everything you have learned into professional practice. Complete the course with improved confidence and a polished professional image.

- Using business cards professionally
- Learning when to give and receive business cards
- Practising voice modulation
- Building self-confidence and self-esteem
- Giving and receiving compliments gracefully
- Learning small talk and networking skills
- Understanding travel etiquette
- Receiving personalized trainer feedback

Skills You Will Gain

✓ Develop excellent personal grooming habits

✓ Dress confidently for every occasion

✓ Create strong first impressions

✓ Enhance professional etiquette

✓ Build a positive personal image

✓ Develop networking skills

✓ Improve body language and personal presence

✓ Build lasting self-confidence

Who Is This Course For?

Working Professionals

Develop a polished appearance for meetings, client interactions, and workplace success.

Students & Fresh Graduates

Prepare for presentations, internships, and job interviews with confidence.

Anyone Who Wants to Improve

Perfect for anyone who wants to look better, feel more confident, and build a positive image.

Frequently Asked Questions

Is this course suitable for both men and women?

Yes. The course is designed for both male and female participants with practical guidance for everyone.

Do I need any previous experience?

No. This course starts with the basics and is suitable for complete beginners.

Will I learn professional dressing?

Yes. You will learn how to dress appropriately for interviews, workplaces, business meetings, and social occasions.

Is the training practical?

Yes. The course includes demonstrations, activities, grooming practice, and personalized feedback.

Will I improve my body language?

Yes. An entire phase is dedicated to body language, posture, eye contact, and confident personal presence.

Will I receive personal guidance?

Yes. Trainers provide individual feedback to help you improve your grooming, confidence, and personality.

What Our Students Say

★★★★★

"I learned how to dress professionally and take better care of my appearance. My confidence has improved a lot."

Priya S.
HR Executive

★★★★★

"This course helped me prepare for interviews. I now feel confident meeting clients and attending professional events."

Rahul M.
Marketing Professional

★★★★★

"The trainers explained everything in a simple way. The practical sessions made a huge difference in my confidence."

Ankit K.
Business Consultant

Ready to Build a Professional and Confident Personality?

Good grooming is not about expensive clothes — it is about presenting yourself with confidence, cleanliness, and professionalism. A polished appearance helps you make better first impressions, build stronger relationships, and succeed in both your personal and professional life. With expert trainers, practical demonstrations, and personalized guidance, GroomX helps you become the best version of yourself.

Call us: 9036111000 | Visit our office in Bangalore anytime