

THE SECRET TO CONFIDENCE IS
NOW YOURS.

PARTICIPANTS:

I, II, III&IV year students of Sree Balaji College of nursing, chrompet.

DATE:

23/11/2019

TIME:

12.00PM - 1.00 PM

VENUE:

Sree Balaji College of nursing, chrompet

ORGANIZED BY:

REXONA CONFIDENCE ACADEMY.

EVENT SCHEDULE:

Introduction about the program.

Concept related to interview performance.

Video projected how to perform a perfect interview.

Feedback

Gifts (Rexona product)

INTRODUCTION:

REXONA CONFIDENCE ACADEMY they conducted “THE SECRET TO CONFIDENCE IS NOW YOURS”. The aim of this program is improve the skill and provide confidence to attend interview.

CONCEPT OF PROGRAMME:

- ❖ **BODY LANGUAGE:** Confident body language is the most important factors to make the right first impression.
- ❖ **HYGIENE:** Confident body language is built by maintaining hygiene and taking good care of your own body.

- ❖ **SCIENCE OF BODY ODOUR:** Sweat by itself is odourless. (sweat + bacteria cause body odour).
- ❖ **WHAT DO PEOPLE DO TODAY?:** Common practices people believe to be true to prevent body odour. (Bathe, Talc, Fragrance).
- ❖ **WHAT WORKS:**
 - The perfect morning routine:
 - STEP1- Bathe and towel dry
 - STEP2- Apply Rexona roll-on on underarms in 4-6 swipes. Allow it to dry
 - STEP3- Apply perfume if required. Dress up and face the day with Rexona confidence.
- ❖ **DRESSING UP:** Colors you pick have a certain association attached to it.
- ❖ **HAIR:** Keep your hair neatly groomed and wear it away from the face.
- ❖ **MAKE UP:** Use kajal and eyeliner but keep it minimal and not too heavy.
- ❖ **HOW TO TALK:** Always take a moment to think before you speak.

POINTS TO REMEMBER:

- 55% of what you communicate is nonverbal. Having a confident body language is therefore a must.

- Sweat trapped in your underarms feeds bacteria to cause 90% body odour.
- Bathing, Talcum powder and Deodorants are only temporary solutions to mask the odour. In a few hours, the body odour will be easily noticeable.
- But these are not enough, as they are just temporary solutions. To stop body odour at its sources, you need new Rexona underarm roll-on.
- Colours do influence the perception of the interviewer. So wearing the right colour is a must.
- Speaking clearly is important. Avoid the 'umms and ahhs'.
- WALK with confidence in a straight posture. Don't slouch or look down.
- TALK calmly, maintain eye contact.
- BREATHE in and breathe out before you enter an interview to calm your nerves.
- THINK before answering the questions. Be composed.

FEEDBACK:

- We students have a confidence to attend the interview without any fear.
- The programme is very useful to as to perform an interview in a good manner.
- We thanks to the programme conductors of Rexona Confidence Academy to conducting a wonderful session.