

About

The Personal Grooming course focuses on enhancing participants' professional and social appearance through essential grooming practices. Participants will learn skincare, haircare, attire selection, grooming etiquette, and personal hygiene techniques to cultivate a polished and confident image. Ideal for individuals aiming to improve their personal presentation and boost self-confidence in diverse settings.

Objective

The Personal Grooming course aims to equip participants with essential skills in skincare, haircare, attire selection, grooming etiquette, and personal hygiene. Participants will learn to enhance their personal appearance and presentation for professional and social contexts, fostering confidence and positive interpersonal interactions. By focusing on practical grooming techniques and professional standards, this course prepares participants to project a polished image that aligns with their personal and professional goals.

Content

- Introduction to Personal Grooming
- Skincare Essentials
- Haircare Techniques
- Attire Selection and Grooming Etiquette
- Personal Hygiene Practices
- Grooming Etiquette
- Confidence Building
- Practical Applications
- Conclusion and Action Planning

Prerequisite

- Working knowledge of English language (Read, Write, Speak)

Exam & Certification

- KHDA certificate is awarded upon successful completion of the course.