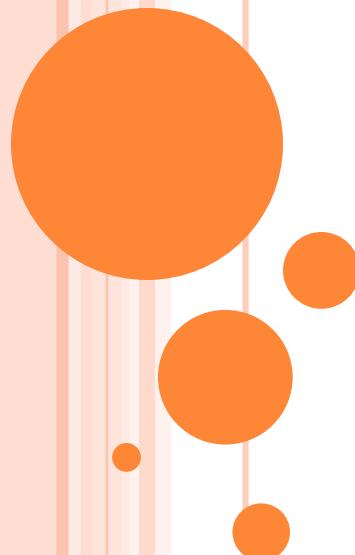


# Personality Development

## Dress Code

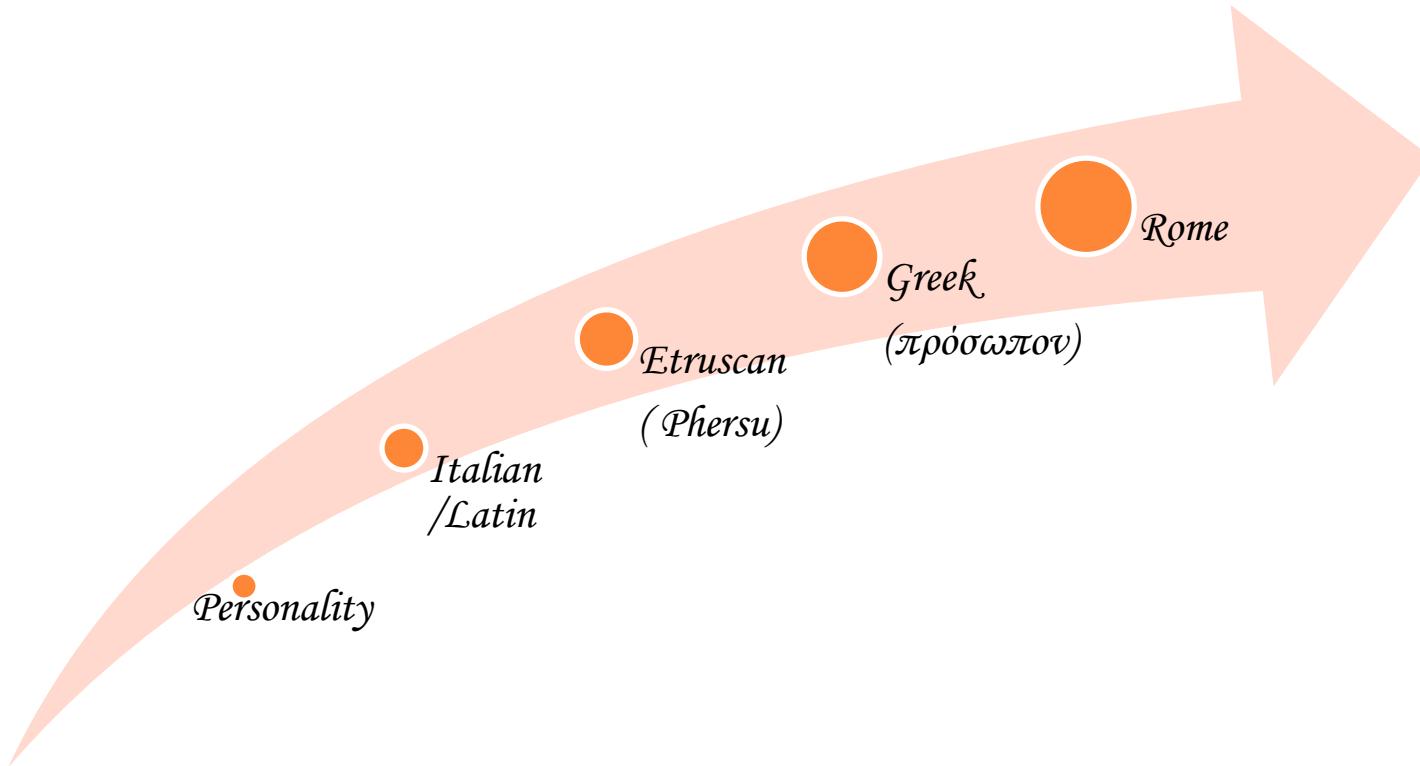
“How to carry yourself”



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# What Do You Think By Personality?

- A *personality*, in the word's everyday usage, is a social role or a character played by an actor.



# Craft Your Personality

- *Don't compare your life to others'. You have no idea what their journey is all about.*
- *Don't have negative thoughts or things you cannot control.  
Instead invest your energy in the positive present moment*
- *Don't overdo; keep your limits*
- *Don't take yourself so seriously; no one else does*
- *Don't waste your precious energy on gossip*
- *Dream more while you are awake*
- *Envy is a waste of time. You already have all you need.*



# Craft Your Personality

- *Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.*
- *Life is too short to waste time hating anyone. Don't hate others.*
- *Make peace with your past so it won't spoil the present*
- *No one is in charge of your happiness except you*
- *Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.*
- *Smile and laugh more*
- *You don't have to win every argument. Agree to disagree.*



# Dress Code

- *With a view to enhance the visibility and brand building of the profession and ensuring uniformity, the Council of the Institute of Company Secretaries of India at its 148th Meeting has prescribed the following professional dress for members while appearing before judicial / quasi-judicial bodies and tribunals:*
- *The professional dress for male members will be Navy Blue suit and white shirt with a tie (preferably of the ICSI) or navy blue buttoned-up coat over a pant or a navy blue safari suit.*
- *The professional dress for female members will be saree or any other dress of a sober colour with a Navy Blue jacket.*



# Dress Code

- *Members in employment may wear the dress/uniform as specified by the employer for all employees or if allowed the aforesaid professional dress.*
- *Practising Company Secretaries appearing before any tribunal or quasi-judicial body should adhere to dress code if any prescribed for appearing before such tribunal or quasi-judicial body or if allowed the aforesaid professional dress.*



# How To Carry Your self????

- *Build Self Confidence*

*The Second Question Arises is “how”?*

- *Dress Sharp*
- *Walk Faster*
- *Good Posture*
- *Personal Commercial*
- *Compliment other people*
- *Sit in the front row*
- *Speak up*
- *Work out*



# Tips To Carry Yourself????

## 1) Relax.

- *Don't allow yourself to feel worried.*
- *Breathe through your abdomen rather than your chest.*
- *Avoid nonverbal behaviours that are the opposite of relaxation--e.g., raising your shoulders, knitting your brows, and fidgeting.*
- *Relax all your muscles and slow down all of your movements a notch.*
- *Relax your eyes and eyelids.*
- *If someone wants your attention, move your head slowly.*



# Tips To Carry Yourself????

- 2) *Feel powerful.*
- 3) *Realize that you are a man of high value. Focus on your qualities and ignore your deficiencies*
- 4) *Feel comfortable in your own skin.*
- 5) *Spread out your body.*



# Questionnaire

By

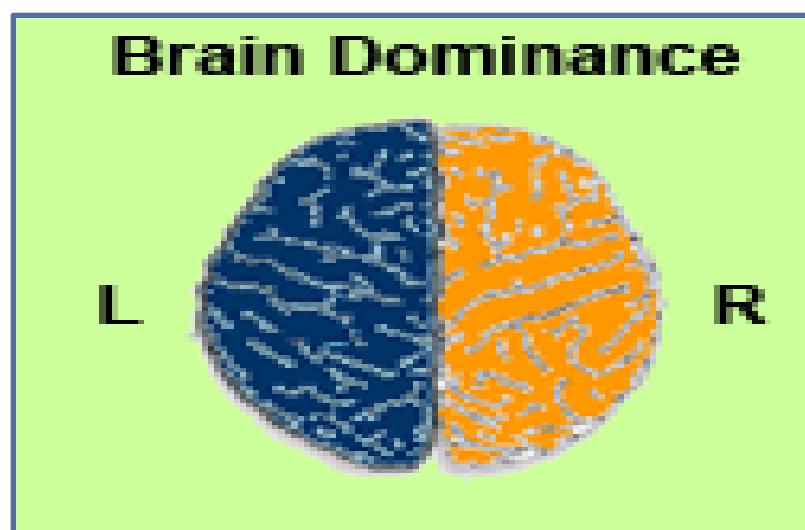
Dhawal Jadhav



## Exercise A :

### Left or Right Brain Dominant

Q: Which side of your brain is dominant?



# Left or Right

- Left Brain:

*Left brain individuals are analytical, articulate and to the point. They like identifying details and are more logical than intuitive. Left brained people have good communication and persuasion skills.*

- Right Brain:

*Right brain individuals are intuitive, creative and imaginative. They are flexible and are concerned with the bigger picture rather than details. They are impulsive and spontaneous and do not like time limits. They have difficulty explaining ideas verbally and prefer illustrations to verbal instructions.*



Exercise B :

- What Type of Personality You Have?

Type  $\mathcal{A}$ ,

Type  $\mathcal{B}$  or

Type  $\mathcal{AB}$



# What Type of Personality You Have?

- *Mostly A's— You have a type A personality. You are driven to succeed and finish all you have set out to do and have a very strong urge to compete with your peers. Most successful and powerful people have type A personalities. But more often, this drive comes at the cost of discontent at whatever you have achieved both in the home and at work and you often demand perfection from yourself and others. This drive to succeed often leads you to drive yourself past your limits. While succeeding is something we should all work for it should not come at the cost of our physical and emotional health. Learn some relaxation techniques and take the time to indulge in enjoyable activities to give your mind and body the respite it needs to properly function.*



## What Type of Personality You Have?

- *Mostly B's— You have a personality that has been described as a type B one. Type B personalities are more easy-going and relaxed and tend to be generally content with their work and lives at home. While very little things in your life causes you stress, this may be because you are apathetic and disengaged.*
- *Equal number of A's and B's— You are neither a type A or B personality. While you value achievement you know how to relax and recharge when the stress becomes too much.*



# Exercise C

*The Personality Game(The Bird, Horse & Muffins)*

*What is a bird, horse & muffin?*

## **BIRD**

*A person who is mostly bird is intuitive, imaginative, light and airy. In short he is birdlike, small, quick, inspired, mercurial.*

## **HORSE**

*A person with a lot of horse in him or her is strong, determined, obstinate, energetic, gets things done efficiently. A worker. Can have a hard streak.*

## **MUFFIN**

*A person with a lot of muffin is soft, amenable, loveable, gentle, uncomplicated and can also be foolish.*



Thank You



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