



**A Workshop on Women Empowerment and Personality Development
Creating the right first impression in interviews and teaching the
Importance of confidence and grooming
In association with Rexona confidence academy**

Venue: Bharathiar Conference Hall, TGASC

Date: 24.01.2019

REPORT

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Introduction:

On January 29, 2019, an empowering workshop titled "Women Empowerment and Personality Development – Creating the Right First Impression in Interviews and Teaching the Importance of Confidence and Grooming" was conducted in association with Hindustan Unilever Limited – Rexona Confidence Academy. The workshop aimed to empower and guide female students across all years and degree courses on enhancing their personal and professional skills.

Objective:

The primary objectives of the workshop were to instill confidence, develop personality traits, and provide valuable insights on making a positive first impression during interviews. Additionally, the importance of grooming and self-confidence in various aspects of life was emphasized.

Workshop Highlights:

1. **Interactive Sessions:** The workshop began with interactive sessions led by experienced professionals from Hindustan Unilever Limited – Rexona Confidence Academy. Participants engaged in discussions, role-playing activities, and practical exercises to enhance their communication skills and self-confidence.

2. **Expert Guidance:** Esteemed speakers and industry experts provided valuable insights into the significance of personal grooming, effective communication, and building a strong professional image. Participants had the opportunity to learn from real-world experiences and success stories.
3. **Mock Interviews:** To simulate real-world scenarios, mock interview sessions were conducted. Participants received constructive feedback on their interview performance, helping them identify areas for improvement and refine their skills.
4. **Rexona Gift Kits:** As a gesture of appreciation, all participants were presented with Rexona Gift Kits, each containing grooming essentials. The Rexona Confidence Academy aimed to encourage the participants to embrace self-care as an integral part of their personal development journey.
5. **Networking Opportunities:** The workshop provided a platform for networking with industry professionals and fellow participants. Attendees had the chance to build connections that could prove beneficial for their future endeavors.

