

SHREYA DHINGRA



1. I am a Certified Image Coach, Communication Trainer and a Public Speaker; with a work base in Bangalore and work spread across New Delhi, NCR, Chandigarh and Jaipur, Mumbai & Kolkata.

I work with clients to create personal and professional brands through concepts of contemporary Visual, Vocal and Verbal Communication. Also referred to as a Wardrobe Consultant, I can put together outfits in terms of Lines, Shapes, Colours, Textures & Patterns, and coordinate the same with the right accessories to create appropriate looks for people.

I work with both men and women looking for a competitive edge in Professional and Social situations.

I was declared the youngest practicing Image Coach and Trainer in the year 2011 by The Image Management Fraternity (IMPA) - India.

As an early riser in the Image Management industry, I get many opportunities to serve senior, middle and junior level clients across varied industries. I also had the opportunity to design a curriculum on Styling and Make-up for **Times of India 'Femina I-believe' 2013-2014.**

I have recently authored a self-help book on Image Management at work; I also launched my own line of Indian clothing for women under my brand name Your Image and I.

2. Working Formats:

- ❖ Corporate Training
- ❖ Individual Coaching
- ❖ Workshops and Seminars
- ❖ Corporate Events

3. Areas of Specialization

❖ Wardrobe Management

- ◆ Learning self-dressing skills
- ◆ Personal Style
- ◆ Personal Shopping
- ◆ Accessory Coordination
- ◆ Closet Organization for Office, social and personal occasions

❖ Soft Skills

- ◆ Personality Development
- ◆ Professional Grooming
- ◆ Business and Dining Etiquette
- ◆ Body Language Delivery

❖ Effective Communication

- ◆ Public Speaking & Presentation Skills
- ◆ Voice Intelligibility
- ◆ Inter-personal Skills: Transaction Analysis
- ◆ Social & Career Enhancement Skills
- ◆ Business Communication

❖ Life Skills

- ◆ Emotional Intelligence
- ◆ Self-confidence and Personal-Impact
- ◆ Stress busting
- ◆ Time Management & Goal-Setting

- ◆ Personal SWOT analysis

4. Clients

IT: EMC, HCL, Samsung, Sapient, Syscom, Cap Gemini, Cross Domain Solutions

Public Sector: Hindustan Petroleum, GAIL, Bangalore Education Trust

Data Analytics- Absolute Data, IMRB

Hospital & Medicine- Sparsh hospital

Automobile: Maruti Ltd

Manufacturing: Ashirwaad Pipes

Media & Public Relations: Times of India, Dentsu, Value 360, Maxposure, The Telegraph

Retail: Satya Paul, W for women, Mary Kay, Lavie, Kaya Skin Clinic, Lotto, Fabindia, Genesis Luxury

Academic Institutes: Image Consulting Business Institute; NIFT-Delhi; Indian School of Business (ISB)-Mohali; Birla Institute of Management Technology; Jaganath Inst. of Management Studies; G.L Bajaj Inst. Of Management; National Inst. Of Fashion Design; Inst. Of Poly technique for women

Individual Clients: CEOs, Directors, Lawyers, Doctors, Marketing professionals, Financial Consultants, Chartered Accountants, Entrepreneurs, Business people, Research Analysts, Students, IT professionals, Chefs and Teachers

5. Qualification

I am an MBA by qualification along with a specialization in Retail Marketing Management from the Birla's Inst. Of Management- Greater Noida; UP

6. Other Certifications and Credentials

- ❖ Certified Corporate Trainer and Coach through professional TTT by Bodhi Training Solution
- ❖ Certified Image Coach from The Conselle Institute of Image Management- Utah; USA
- ❖ Certified in Communication Sciences and Application from The University of Amsterdam
- ❖ Certified Body Language Expert from Science of People Academy; USA
- ❖ Certified Make-up artist from The Image Consulting Business Institute; Artist of Make-up Self Tutelage in India
- ❖ Certified by Association of Image Consultants' International (AICI)
- ❖ Member of The Image Management Professionals' Association (IMPA)- India

7. Current Assignments

Independent Trainer; Personal Coach; Faculty with Grooming Companies and Academic Institutes focussing on the following areas:

- ❖ Art in Dressing
- ❖ Clothes Power
- ❖ Global & Indian Style Chart for Business & Social Occasions
- ❖ Elements of Design- Line, Shape, Colour therapy, Fabric, Texture & Pattern
- ❖ Personal Styling
- ❖ Wardrobe Management & Closet Organisation
- ❖ Clothing Clusters
- ❖ Smart Shopping- Retail Management
- ❖ Make-up & Grooming
- ❖ Body Language Behaviour
- ❖ Presentation & Public Speaking
- ❖ Vocal Intelligibility
- ❖ Corporate Communication
- ❖ Life Skills Coaching

Individual Coach and counsellor on all aspects of Visual, Verbal communication and Vocal Communication.



YOUR IMAGE & I
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