**GROOMING**

Grooming is probably the most important thing in every field. It may be in the field of business, designing, an executive at a corporate office, teachers or even in restaurants.

Grooming not only means looking neat and good but includes everything that makes you more sophisticated .Looks, the conversation skills, the attitude, the posture, the dress style even the hair-style is very important in grooming.

**Impact of Grooming On Your Professional Life**

Proper grooming and professional appearance are important to gain not just positive impression but also respect in the workplace. First impressions matter and the way you look and carry yourself create impact on people you get along with in the work setting. Proper grooming and professional appearance is important to both men and women. Lack of these may lead to poor image and may interfere with your chance of getting good impression and positive feedbacks from your workmates and superiors.

As an individual living and working in a highly complex and competitive society, you must recognize and understand the impact of your appearance as it communicates first to you and then to others. While it is important to like what you wear and the way you look, it is more important to understand why or why not and specifically how this affects you, others and your life and the achievement of your goals.

**Importance of Grooming in Professional Life**

### Helps in creating positive first impression

### Boosts your self-confidence

### Aces your self-esteem

### Displays your discipline and concern

### Facilitates success

Hence grooming is important in personal as well as professional life as grooming will not only help you to build a successful career but also help in making a positive impact in the society you live.