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Communication Skills

SIGNIFICANCE OF GROOMING IN PRESENTING YOURSELF.

We need to look nice, therefore grooming is essential. When I go out in public, I want to look my best. People will perceive me as someone who doesn't care about it if I don't brush hair or dress nicely. Personal grooming includes presenting yourself in the best possible way, with a focus on personal hygiene and cleanliness. It shows that I can take care of myself if I am well-groomed. It would make a good impression.

Personal appearance is an often-disregarded part of communication and presentation skills. It is truly said that the first impression is the last impression. First impressions are very important as they can be about attitude as well as dress. Self-grooming enhances your personality. Once you start presenting a better version of yourself, you'll notice a significant improvement in your self-esteem. A boost in self-esteem will allow you to be more comfortable, which, in turn, enables your true personality to come out and shine. Clothes boost your confidence and help you attain a more positive attitude.

Well-groomed individuals are scientifically proven to be more confident in everything that they do. When someone takes care of their appearances and feels that they are presenting the best version of themselves, they will also naturally put their best foot forward in matching the interior to the exterior. As a result, being well groomed enhances their potential, abilities and thinking. In real instances, offering up a dirty hand to shake or wearing a food-stained outfit at college or work will instantaneously diminish the positive effect of your firm handshake and will taint the other person's opinion of you. An improper dressing sense of an individual by wearing party wear clothes in the college or office, i.e improper sense of clothes selection, also leads to an

appalling impact. A friend of mine dressed in inappropriate attire, i.e. party wear and unruly hair, to a presentation, and everyone began gossiping and mocking him, which later resulted in the failure of his presentation where he failed to impress his idea.