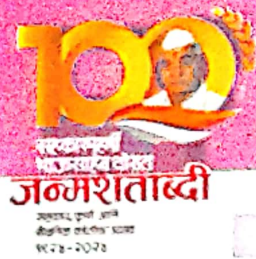




Amrutvahini Sheti and Shikshan Vikas Sanstha's

# AMRUTVAHINI INSTITUTE OF MANAGEMENT & BUSINESS ADMINISTRATION, SANGAMNER



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Date : 24 / 11 / 2022

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## A Report on the Mind, Makeover & Image Training

**Resorce person:** Ketky Mistry,  
Psychologist & Soft Skill Trainer  
Pune

**Date:** November 24, 2022

**Venue:** AIMBA Seminar Hall

**Target Audience:** MBA Students and Faculty

Ms. Mistry's "Mind, Makeover & Image" training was a journey of profound personal transformation. The day buzzed with an electrifying energy as MBA students and faculty embarked on a journey to reprogram their minds, refine their presentation, and project an impactful image, both online and offline.

**Mental Metamorphosis:** The morning session focused on inner strength. Ms. Mistry guided participants through exercises to identify and overcome limiting beliefs, replacing them with a growth mindset. She equipped them with tools for self-awareness, building resilience, and nurturing positive self-talk. Strategies for stress management, including mindfulness and time management, were explored to promote optimal mental well-being. Additionally, critical thinking and problem-solving skills were sharpened through case studies and business-relevant simulations. Participants learned to make informed decisions, leveraging both logic and emotional intelligence, ensuring sound judgment in every situation.

**Makeover Magic:** The afternoon saw a shift towards external presentation. Ms. Mistry helped participants craft compelling personal brands aligned with their professional aspirations. Through interactive sessions, they honed their communication skills, networking techniques, and leadership abilities, learning to project confidence and influence with every interaction. Body language and non-verbal cues were decoded, empowering participants to use them strategically and make a lasting positive impression. Additionally, Ms. Mistry offered valuable guidance on professional attire, emphasizing how clothing choices can contribute to career success.

**Image Elevation:** In the digital age, online presence is key. Ms. Mistry provided insightful tips on managing digital footprints and optimizing social media profiles and LinkedIn, building a strong personal brand online. Participants learned to craft impactful presentations and conquer stage fright, delivering content with confidence and captivating audiences. Negotiation skills were honed, ensuring participants could achieve win-win outcomes in any professional encounter. Finally, Ms. Mistry emphasized the importance of work-life balance for overall well-





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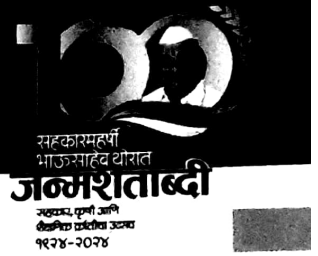
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being and productivity, offering strategies for managing stress, setting boundaries, and prioritizing self-care.


**Participant's Feedback:** Participants lauded Ms. Mistry's engaging delivery, actionable insights, and practical exercises. **Some key takeaways:**

"Ms. Mistry's tools for **overcoming limiting beliefs** have opened doors to new possibilities in my career."


"I feel more confident and empowered to project a positive and impactful image, both online and offline."

"The training provided valuable strategies for managing stress and maintaining a healthy work-life balance."

Ms. Mistry's "Mind, Makeover & Image" training proved to be an empowering and transformative experience. By **offering a holistic approach that addressed both inner and outer strengths**, she equipped participants with the tools and confidence to navigate the professional world with finesse and flourish. This impactful training will undoubtedly leave a lasting legacy, enabling students and faculty to blossom into well-rounded, successful individuals, ready to face any challenge with a positive mindset and a powerful personal brand.

  
Dr. R.B. Gawali  
Coordinator-Learning & Development



  
Dr. B.M. Londhe  
Director, AIMBA  
Amrutvahini Institute of Management  
& Business Administration, Sangamner