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BE THE BEST
VERSION OF
YOURSELF BECAUSE
YOU ARE WORTH IT!

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MEGHNA'S
TRAINING AND
CONSULTANCY

About Meghna Khatri



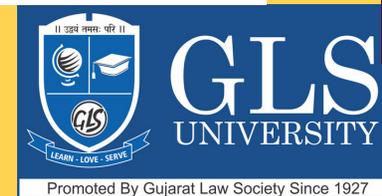
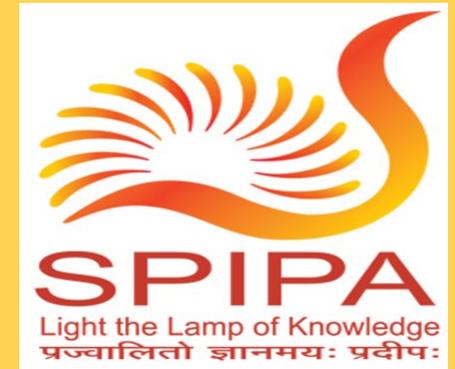
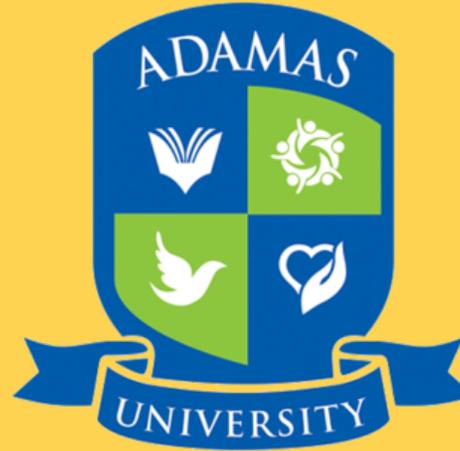
- Having completed her MBA with the specialization in Marketing and HR, She joined a renowned advertising agency as a marketer just to realize that her heart was yearning to help people in the field of communication.
- She joined GLS University as visiting faculty and over the course of around 2 years serving there, she helped over 500 students in the field of communication and management.
- She has successfully conducted Training programs on various topics and trained more than 1000 participants till now.
- Right now she is organizing online and offline workshops for schools, college students, young professionals, and Government employees with meticulous care.
- She believes that the foundation laid at an early stage of the career can help to build future leaders and successful professionals.

A few peaks of her life



- She has secured certification in "Business Communication" from IIM Bangalore.
- From Yale University she has completed the "Introduction to Psychology" course through an online platform.
- She has completed several courses from the Ahmedabad Management Association (AMA) to keep up with the latest trends in Marketing, Public Relations, and Communication.
- She has completed an Internationally certified Image consultancy and Government of India approved Soft Skills Training course from ICBI.
- Being a Fitness Enthusiast she has secured certification from Colorado university and Sandford university for subjects of Exercise science and nutrition.
- She is a trained Kathak Dancer.

Our Esteemed Clients



College to corporate



ONE STEP AHEAD!

- Precisely curated tailormade 3 days workshop that ensures to prepare students for corporate job interviews with maximum possibilities to succeed. Job hunting and placement become easier with these 3 days of vigorous training that includes crucial topics like **Resume Building, Interview Preparation, and Professional Etiquette.**

Winning Image



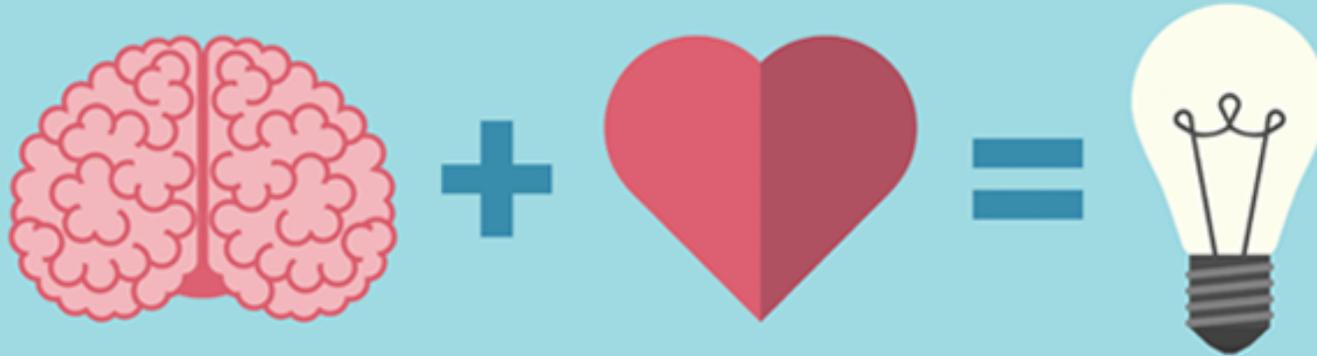
- A fast-track 3 days workshop exclusively designed for participants to help them stand apart from the crowd. "Hard skills can get you hired but lack of soft skills can get you fired."
- This workshop will cover 360-degree aspects of interpersonal skills for participants who are thriving to become professionals in their respective fields.
- **Communication Skills, professional Etiquette, and appearance management** are integral parts of this workshop.

The Art of Public Speaking & Presentation Skills



- Irrespective of which field you are thriving in, Public Speaking is going to be crucial for your success. Glossophobia or speech anxiety is the most common fear people have across the globe. So here is a carefully curated workshop that will enable you to understand every tiny detail about Public Speaking and Presentation Skills. Right from **Body Language** to **Verbal and Vocal** everything is covered, which is vital to develop this skill. Along with practical exercises, this program will empower your image and build your confidence.

Emotional Intelligence



NEED OF THE HOUR

- Highly demanded and overwhelming feedback has been received for this one-day power pack workshop. Being emotionally intelligent promises personal and professional success. Coping up with this volatile timing, this workshop ensures positive and meaningful change in the participants' behaviors.

Creative Thinking Techniques



THINK OUT OF THE BOX!

- Creative thinking is an invaluable skill for every human being. It's important because it helps you look at problems and situations from a fresh perspective. Creative thinking is a way to develop novel or unorthodox solutions that do not depend wholly on past or current solutions. This workshop will enable the participants to learn and implement various creative thinking techniques, that will help them in their respective areas of work.

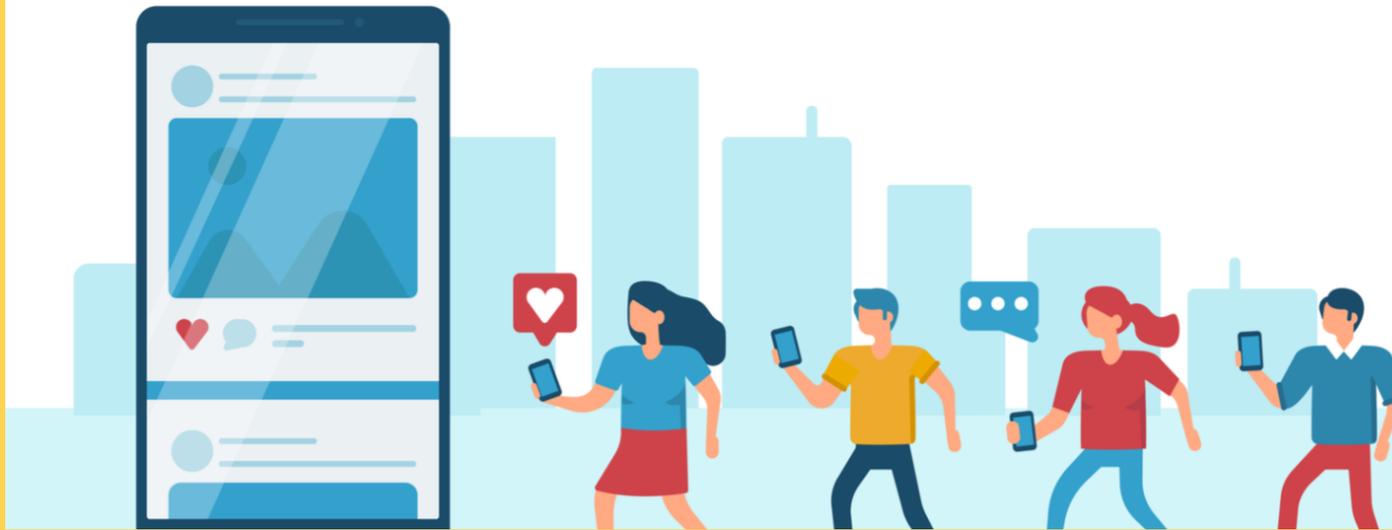
Leadership Skills



UNLEASH THE LEADER WITHIN YOU

- Effective leaders provide clarity of purpose, motivate and guide the organization to realize its mission. Regardless of your position, understanding the role of leaders can help you contribute more meaningfully to the accomplishment of your company's objectives. This workshop covers various styles of leadership and guides participants to unleash the leader within them.

Digital Image



KEEP UP WITH THE INTERNET ETIQUETTE!

- These days various social media platforms such as WhatsApp, Facebook, Instagram, Twitter, and YouTube, and so on have become extremely important to convey the image of an individual.
- One's activities on these platforms can make or break the impression. Proper guidance and knowledge sharing on the digital image can be proven beneficial for the officials for their professional excellence.

Dress to impress



YOU WILL BE ADDRESSED, HOW YOU ARE DRESSED!

- The first impression can be an image-maker or breaker. This amazing one-day workshop will help the participants to dress and groom according to the international style scale. It will be a wonderful experience for participants to learn the different meanings and messages communicated with one's dressing!

Creating Brand "YOU":



BE THE BRAND AMBASSADOR FOR YOURSELF!

- If you want to make an impact in the world, creating a branding strategy for yourself is definitely the place to begin. In this exclusive workshop, you will learn how to differentiate yourself from the others in the industry through your unique presence in the public and digital platforms.

Hi to Health, Bye to Stress



WORK-LIFE BALANCE IS THE KEY.

- While working a 9-5 job, meeting the deadlines, and satisfying clients' needs, employees tend to forget to meet their healthy lifestyle and satisfy the body's need for exercising and maintaining the sanity of mind. COVID19 has increased the stress level and it is ever more important to prioritize a healthy lifestyle.

Confusion to Conclusion



CONFLICT CAN BE MANAGED!

- When one has to work in a team there may be differences. But one needs to make sure that these differences and disputes do not affect productivity. This program will ensure that team members can understand various styles of communication and deal with conflicts healthily.

Communication for Government Employees



- In the current scenario, the importance of interaction between government officials and the public is increasing rapidly. Such encounters with locals enable the officials to understand the ground root problems and find out the solutions for the same. During such meetings, the interpersonal skills and communication skills of the officials play a vital role in the fruitful result of the interaction. It becomes crucial to understand various communication styles, manage the conversation in a more constructive direction, create a rapport, and build a positive and result-oriented approach.



TAILOR MADE WORKSHOPS!

From the given topics here, You can custom-made the workshop based on the need and time availability.

- Office Etiquette
- Dining Etiquette
- Business Dressing and Grooming
- Body Language
- Personal Brand building
- Digital Image
- Internet Etiquettes



- Time management and Stress Management
- Leadership Skills
- Goal Setting
- Presentation Skills
- Conflicts Management
- Team Building
- Vocal and Verbal Communication
- Public Speaking
- Negotiation Skills

Testimonials from Organizations

The special workshop on soft skills by Ms. Khatri Embarked an insightful experience for our students. She delivered a meticulously crafted set of lessons for our law students. Her unique techniques and real-world illustrations amplified her talent as she blended with all her students and connected with everyone to deliver quantifiable results of her workshop's essence.

Prof. Dr. Jyotsna Yagnik (ex. High Court Justice)
Dean of School of Law and Justice
Adamas University, Kolkata

Ms. Khatri is an excellent trainer. She conducted a training program for 2 days for our organization on the subject of "Executive Image". Her program was an absolute success. The two-days workshop proved very advantageous to all the attendees. We are able to see the improvement in the staff.

CA Vivek Shah
Founder, Director, and US tax strategist
of Infinity Globus

It was a wonderful experience having Ms. Meghna Khatri at our organization as a soft skills trainer. Her training conducted for the entire staff for the communication and rapport building was very effective. I highly recommend her for your staff training.

CA Sailesh Parikh
Founder and director
of Parikh and Shah Associates

Ms. Meghna Khatri conducted Communication in Fashion at our fashion studio for our staff members and interns. Her knowledge and style of delivering sessions were mind-blowing. We highly recommend her as a creative fashion communicator.

Disha Vadgama
Founder and
director of DV Fashion

Work Done!

AHEAD OF POLLS

'No shouting, convey with clarity': BJP to groom leaders for TV debates

ADITIRAJA
VADODARA, SEPTEMBER 25

IN THE run-up to the 2022 Gujarat Assembly polls, the Bharatiya Janata Party (BJP) has decided to train party spokespersons for television news debates in order to ensure that the leaders "convey the message of the party with clarity" rather than indulging in "mindless shouting" with opponents.

The first session, to be held in Vadodara for spokespersons of Central Gujarat on Sunday, will also see an image consultant enlisting important dos and don'ts for the leaders appearing on TV in terms of the colours of the outfits they wear to the hand gestures they make when debating.

The day-long event to be held at the Management Faculty Auditorium of MS University will see participation from close to 120 members of the BJP's media cell from eight districts of Central Gujarat, who appear as spokespersons on television news debates.

As per the schedule of the programme released by the party, the session will begin with the leaders listening to Mann Ki Baat by Prime Minister Narendra Modi. Among the various topics that the party leaders will address — right from the role of the media team in putting forth the work done by the party-led governments to ways to "counter AAP and Congress" — is also a session by a professional image consultant, who will elaborate the "art of dressing up and body language on TV screens".

The party has roped in Meghna Khatri, an Ahmedabad-based image consultant, who will address the gathering in Vadodara and put forth the points about the overall conduct of the leaders on TV debates.

Khatri said, "It is my first such

exercise with a political party and the aim is to convey to them that the change is not just about their professional conduct but an overall personality change that they should be aiming for. I have been specifically asked to address how they should dress up in front of a green screen, the posture they should have, the gestures they should make and the overall behaviour during a debate, especially when someone is in disagreement with what they say."

Going through the video clips of TV debates that are now synonymous with high-pitched arguments, Khatri has picked out some specific gestures that "appear rude" when made by political leaders.

"The most common gesture is that they begin pointing the finger at the person who disagrees with them... On TV, it appears rude because the viewer cannot see the panelist for whom it is intended. It appears as if the leader is pointing fingers at viewers," Khatri says.

Similarly, in the context of being "presentable", Khatri will enlist some handy pointers to the leaders about the colours, fabrics and prints they should pick for their outfits when they appear on TV.

"The prints, fabrics and colours matter a lot, especially on TV, which uses a green screen (to add background effects)... We go by an international style scale, which lists colours that make a difference. There are certain colours that create a halo image in the minds of the viewers. For instance, eatery brands go for reds and yellows as these colours ignite digestion and blue is considered to be the colour for trust in the first impression."

Khatri says that political leaders also choose colours for personal branding. "Each leader has own agenda or personality. There is a reason why Gujarat BJP

president CR Paatil always wears white, which is his personal image branding while PM Modi wears various colours based on the occasion."

Chief spokesperson of Gujarat BJP Yamal Vyas, who will also address the gathering said that the party is keen on inculcating the basic values of conducting oneself on TV.

Vyas told The Sunday Express, "Often, TV debates end up being a shouting match between the panelists and the actual message that the viewers see is lost."

ing for... will co... which... debates be... live audie... Central... of BJP Satyen Kulabkar said that the session will also see top party leaders emphasising on being "prepared with data and facts" while appearing on debates.

Kulabkar said, "Our leaders Yagnesh Dave and Mahesh Kaswala will hand out some points to remember about the role of the media team and the achievements of the BJP governments, respectively, which will be handy while countering allegations. Bharat Dangar will take up the topic of how to counter AAP and Congress in TV debate specifically."

The event will also see a session by retired IAS officer Bhagyesh Jha on the "art of communication" and a session on the economic policies of the party the convener of the Gujarat BJP economic cell Prerak Shah.



Workshop conducted for BJP Spokespersons to help them dress and groom in Media debate

Workshop conducted for Deputy Collectors on the subject of professional etiquette and communication skills at SPIPA





Email Etiquette for the employees of IIFL



Training program for RTO officers at RRU



Image building for a leading CA & CPA firm of Ahmedabad for over 100 employees

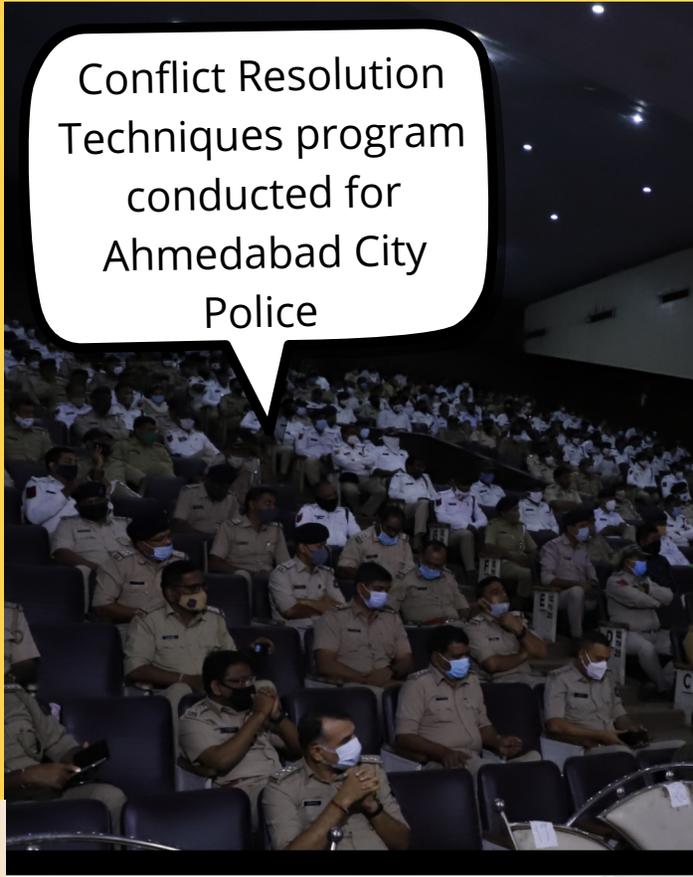


Communication in Fashion at Disha Vadgama Design Studio





Campus to Corporate program for a leading Commerce College



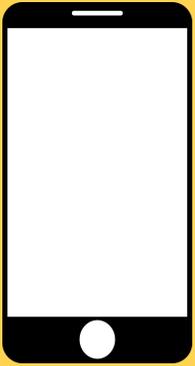
Conflict Resolution Techniques program conducted for Ahmedabad City Police



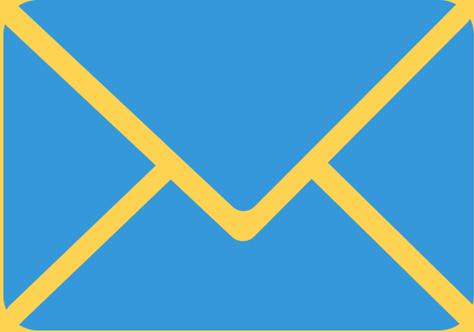
Importance of Communication in the world of fitness for Laksh Sports Rehab



Contact to book training program and consultation



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learnings.with.meghna