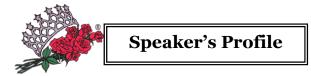
## **SINGHEALTH NURSES Toastmasters Club Presents**

# **FIRST IMPRESSION COUNTS!**

## An Image Enhancement Workshop by Brigitte Ow, Mrs Singapore International 1998/1999 Selected Trainer for MediaCorp - Miss Singapore Contest 2001 and 2003





An Image Specialist and Trainer for the past 17 years, Brigitte Ow conducts seminars in Image Enhancement, Service Procedure, Business & Social Etiquette and Body Language to name a few.

Crowned Mrs. Singapore International 1998/99 she went on to win the 2<sup>nd</sup> Runner-up title at the Mrs International Pageant held in Texas in 1999.

Date: 1 Dec 2004 (Wednesday)

Time: 6pm to 9 pm (Registration 5.30pm to 6pm)

Place: Lecture Hall, Level 4 National Cancer Centre 11 Hospital Drive, Singapore 169610

**Your Investment (inclusive refreshment):** SingHealth Nurses Toastmaster: \$15 Non-member: \$20

#### **Register with: MS CECILIA LEE by <u>23 NOV</u>:** Tel: 6236 9432 Fax: 6324 5664

First-come-first-served.

#### Make cheque payable to:

"Singapore Health Services Pte Ltd". Back of cheque, please write your name, contact no and name of event. <u>Cheque must reach organizer by</u> <u>26 Nov</u>. Payment will also be collected at the door.

#### Send cheque to:

Senior Nurse Manager Flora Yong Cancer Education & Information Service National Cancer Centre 11 Hospital Drive, Singapore 169610

### HIGHLIGHTS:

#### Etiquette

- First Impressions & Introductions
- ➢ Handshakes
- Exchanging/Receiving Name Cards

## Body Language, Voice & Speech

- > Attitude & Non-Verbal Expressions
- Gestures & Signals
- Voice Projection, Tone & Fluency

## **Fashion Sense & Dressing**

- Body Shapes
- Dressing right for your shape and size
- > Wardrobe Planning & Accessorizing

Posture, Carriage & Deportment

- Walking, Sitting & Standing
- Entering/Leaving Rooms
- Retrieving Fallen Objects
- Removing & Carrying of Jackets / Files / Handbags