

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



Speaker's Profile

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 2nd Runner-up title at the Mrs International Pageant held in Texas in 1999.

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

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 23 NOV:
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. Cheque must reach organizer by 26 Nov. 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