

# **LAYING THE FOUNDATION FOR YOUR CAREER**

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# SELF IMAGE

*What matters most  
is how you see yourself.*

*Lois Bryan M. Lapal*



# Know who you are



# 2. Be ready for a challenge

"Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of."

Angelina Jolie

### 21-Day Jump Rope Challenge

Day 1	5 minutes
Day 2	5 minutes
Day 3	5 minutes
Day 4	5 minutes
Day 5	5 minutes
Day 6	6 minutes
Day 7	7 minutes
Day 8	8 minutes
Day 9	9 minutes
Day 10	10 minutes
Day 11	11 minutes
Day 12	12 minutes
Day 13	13 minutes
Day 14	14 minutes
Day 15	15 minutes
Day 16	16 minutes
Day 17	17 minutes
Day 18	18 minutes
Day 19	19 minutes
Day 20	20 minutes
Day 21	21 minutes

focus fitness



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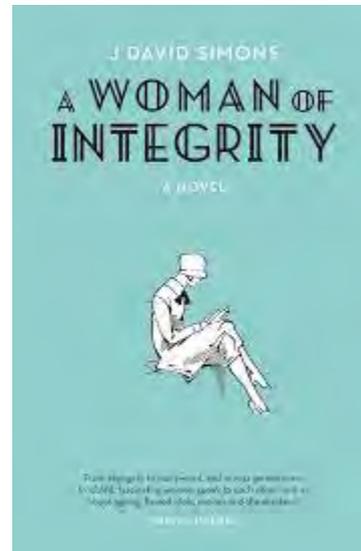
# Create the right circle



# Develop a strong will



# Live a life of integrity



# BODY LANGUAGE

## Body language

Defensive



Arrogance



Annoyed



Are you being defensive? - I don't think so!

Irritated



Happy



Confused



Worried



# 7. BODY LANGUAGE

- Stand tall and take up space
- Talk with your hands



- . Lower your vocal pitch.



- Maintain positive eye contact



# Body language

Use open gestures



- Reduce nervous gestures



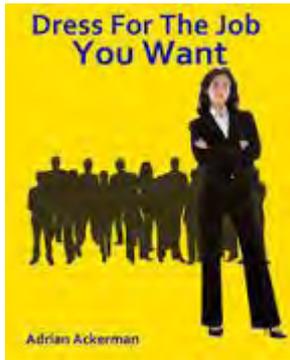
- Smile



- Perfect your handshake



# Dressing for the job you want...



**DRESS FOR  
SUCCESS**

## 10 Mistakes You Can't Afford To Make

- Not making your best first impression
- Thinking that it takes a lot of money to be able to have a great look
- Not knowing how to look great every day
- Not owning the "perfect" suit
- Dressing too casually
- Not looking as if you have a sense of style
- Not accessorizing correctly
- Not dressing correctly for your job
- Not understanding how to use "color"
- Not looking promotable



## 10 Seconds is All it Takes

Interviewers can decide in 10 seconds that they do not want you. It will take them longer to decide they do want you. Chances are that by dressing on the conservative side, you may unintentionally disqualify yourself. But, trying to demonstrate how hip you are with your exposed lower back tattoos or laid-back Juicy Couture outfit could backfire.

## Look 1



## Look 2



# Set Goals



Achieve a Goal in 3 Steps:

1. Write It Down
2. Divide It Into Steps
3. Conquer One Step At a Time



# Build Your network



# Balance



WORKWELLNESS HARMONY  
BALANCE  
LIFE  
EXERCISE  
COMMUNITY  
MEDITATION  
FITNESS  
SOUL  
SPIRIT  
WORKOUT



# POWER OF TECHNOLOGY

**TECHNOLOGY PROVIDES  
GREAT ADVANTAGES IF  
PEOPLE CAN USED IT IN A  
GOOD WAY**



