**Soft Skill for Managers**

**Q1. It is not the failure itself that holds you back; it is the fear of failure that paralyzes you.”-Brain Tracy. In the light of the above statement, share your personal experience.**

**Ans 1.**

**Introduction**

Brain Tracy's exemplary viewpoint to encourage millions of people is an educational piece of excellence. In different situations, Brain Tracy's encouragement can be observed mostly among senior citizens to their children or grandchildren who are blamed for their failures. Some vouch for the statement in a different way, such as failure is an event, it must not be coaxed to a person, more so, it must not be you tobe blamed for any failure. According to Paulo Coelho, there stands only one thing that stands in the way of achieving a dream to

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**Q2. “Bad habits are like chains that are too light to feel until they are too heavy to carry.”-Warren Buffet. Identify a habit of yours that you would like to change. What changeswould you bring in your day-to-day life to overcome the above habit? (10 Marks)**

**Ans 2.**

**Introduction**

Right at the beginning, I must admit I have the habit of eating sweets of different kinds (viz. Chocolates, candies, icecreams, etc.) Breaking habits is next to impossible, and this is universally true. To quote from Jud Brewer (2019), the author of **Harvard Business Review**, in his article, “How to Break Up with Your Bad Habits", the author posits that whether we have felt the pull to refresh our Instagram feed or failed in our latest diet instead of making progress on a work that is procrastinated quite a lot. The main reason

**Q3a. Illustrate the importance of personal hygiene in the light of the above case study.**

**Ans 3a.**

**Introduction**

Personal hygiene and good health habits are very important in our life. When a teen matches those, he/she is considered to have learned how to care for body and persona Yet many teens like.Rahul/Ria needs some guidance about hygiene and health. Teens always need to learn life skills. which are very essential for remaining responsible and healthy

**Q3b. Personal Hygiene plays an important part in creating First Impression. What are the key areas (hygiene) that Rahul/Ria should keep in mind for that lasting first impression?**

**Ans 3b.**

**Introduction**

Teens like Rahul/Ria go through different types of changes during their teenage. The changes include physical, mental, and emotional changes, for some parents and teens that can become overwhelming. During the onset of puberty, some of the most noteworthy physical changes need to be managed with good daily habits, especially personal hygiene.