**Soft Skill for Managers**

**April 2023 Examination**

**1. "Grooming is the secret of real elegance. The best clothes, the most wonderful jewels, the most glamorous beauty don't count without good grooming."-Christian Dior Explain the statement and state why is grooming important. (10 Marks)**

**Ans 1.**

**Introduction**

Christian Dior, one of the maximum influential fashion designers of the 20th century, believed that grooming is the secret to actual elegance. According to him, excellent grooming is essential for everyone who wants to present themselves in the best possible light, regardless of style or fashion selection. In this essay, we will discover Dior's statement and explain why grooming is crucial for personal and professional fulfilment.

Firstly, it is critical to recognize what is meant by using grooming. Grooming refers to the personal care and hygiene conduct that individuals interact with to maintain their looks and

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**2. Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment- free from distraction or judgment and aware of our thoughts and feelings without getting caught up in them. With reference to same Jon Kabat-Zinn outlines seven specific attitudes that form a foundation for mindfulness, explain each of these. (30 Marks)**

**Ans 2.**

**Introduction:**

Jon Kabat-Zinn founded the Mindfulness-based pressure discount (MBSR) software, which integrates mindfulness meditation, frame awareness, and yoga to assist people in managing their pressure, pain, and illness. In his e-book "complete catastrophe living," Kabat-Zinn outlines seven specific attitudes that form a basis for mindfulness. These attitudes are critical for developing and sustaining a mindfulness practice, and they can be applied to every aspect of our lives, from work to relationships to personal

**3. Case Study**

**As Shreya was contesting for the school prefect position, she had to deliver a speech in the school assembly to motivate the students to vote for her, but when Shreya saw the crowd, she went blank and could not speak a word. Shreya suffered from the fear of speaking in public.**

**a. What is the fear of speaking in public called? What are some of the common symptoms of the fear of public speaking? (5 Marks)**

**Ans 3a.**

**Introduction:**

The fear of speaking in public is usually called gloss phobia or stage fright. It is a type of social tension disorder where someone feels severe fear or nervousness when required to speak in front of a target market. This fear can be experienced in various situations, such as handing over a speech, a presentation, or an easy conversation

**b. Why was it important for Shreya to deliver an effective speech? In the same context, explain why do you think public speaking is important? 5 Marks)**

**Ans 3b.**

**Introduction**

Shreya's goal was to win the faculty prefect position, and delivering an effective speech became essential to attaining that purpose. In this case, an effective speech could have convinced the students to vote for her by highlighting her qualifications, her imagination, her prescience for the college, and why she is an