



Inspirational Episode 15

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*This episode of **INSPIRATIONAL** features a “True Story” from the life of **Ms. Deepti Dange** (Image & Communication Management Consultant, Wardrobe Stylist & Grooming Strategist Global Etiquette & Protocol Coach, Director & Founder of Persona-Stars Image Management)*

“A self-proclaimed tomboy as a child, a result of constant comparisons with dainty - demure girls, a brilliant student with the most negative body image - which only a tomboy tag could cover and provide strength, and which eventually did give me strength in my character. However, kept me miles away from realizing how beautiful I was inside out.

Professionally, I was a part of competitive ITES organizations with a strong urge for growth. There, my immediate competition was 90% men, and I started to imitate my competition in my style of work, behavior, body language and sometimes even my way of dress. The stress of meeting targets and managing people made me forget that I was a girl and people at work would usually count me as one amongst the boys. My First impression was always of this rude, rugged, unapproachable person that scared people, and which only changed after they got to know me for weeks. This was surely not working in my favor and I hated it but

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I could never express it for the fear of being vulnerable and being judged as a weak link.

People would use my image to their advantage and get their work done. It was definitely a learning phase for me where I met a lot of people and understood patterns of behavior through people management.

I was a strong believer in the importance of professional dress codes, ethical behavior and professionalism at work and I know they didn't like me for being particular with such principles.

It took me 27 years to meet myself, the person I really am today, not hidden behind the strong tomboy yet very strong with my values and still strong with femininity, in my sense of dress and grooming. Strong when needed yet approachable and friendly at the same time.

My respect and love for my own self is at its peak. If there was something that helped me change in these last 11 years, it was blocking my mind and taking away focus from these comparisons & negative comments and instead use some compliments that made me think that I was beautiful and I wanted to bring about a change, not a change only in others as an Image Management professional, but it had to start with Self.

A change that could not only be seen but also felt by people, A change they could associate themselves with. I decided to walk the Talk.

I am stating this because people value a product or service only when they see the results. I am not here to sell my story, but I am writing this only because it is my personal story, my personal journey of all these years and I know there are many people out there who get affected with what people tell them. They live in self-doubt and fear of failing.

Image Management has changed me not only on the outside, but predominantly also on the inside as a person. Now more than ever, I am always cautious of what I wear, how I wear it, what I say and how I say it and what my expressions and body language communicate when I am with others because whether you like it or not, these help people make snap judgments about you in less than 30 seconds,

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and I forever want to make the impression work in my favor. You may know what you are doing or not but it's more important to know “what else you are capable of doing” as that happens subconsciously for you however people will always notice and pay attention to what you don't. That's what defines “instincts” or “vibes” or “gut feeling”.

I thank everyone who encouraged me, everyone who taunted and added value to make me stronger and helped me to keep going. People who did not believe in me at first and now I feel I inspire them.



A heartfelt Thank You for your love and support and reading my story.

Just remember, it's never too late to start believing in YOU.

I believe: "I M POSSIBLE" is nothing impossible.

If you read it like I wrote it, you got yourself a mindset change!!

Very happy to share my own transformation journey with no guilt whatsoever. It's my purpose to help others see themselves as more confident and capable! ”

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Website Link of this Story: <https://livingvirtuously.in/inspirational>