

GOVERNMENT COLLEGE FOR GIRLS, SEC-14, GURUGRAM

PLACEMENT CELL

NOTICE

This is to inform all students that the Placement Cell will be conducting an orientation-cum workshop on "Moving from Half Chair to Full Chair: Cracking the Interview Code" on 26th September 2025, in room 43 at 10:00 AM onwards. The program is designed to help students overcome hesitation, build lasting self-confidence, and develop strong communication skills for future career and life success.

About the Workshop

This transformative session focuses on the journey from sitting in 'Half Chair' a state of self-doubt, low confidence, and hesitation to moving into 'Full Chair' a space of assurance, courage, and influence. It will cover a wide range of practical aspects, including:

Benefits of Attending

- Self-Belief: Techniques to eliminate hesitation and trust your own abilities.
- Body Language: How to project confidence through posture, eye contact, and gestures.
- Communication: Speaking with clarity and conviction in academic and professional settings.
- Interview Confidence: How to face interviews with full chair confidence, overcome nervousness, and answer with impact.
- Mindset Shift: Reframing failures and challenges as stepping stones to growth.
- Practical Exercises: Interactive activities to experience the shift from half chair to full chair confidence.

Developing these essential confidence skills is crucial for personal growth, career advancement, and leadership. Students will walk away with practical tools to face interviews, presentations, and life challenges with full-chair confidence. All attendees will receive a Certificate of Participation. We encourage all students to take this opportunity to invest in their self-development.

