

# BENAISHA KHARAS

enhancing you

Global Image & Mental Health Enhancer



As an Appearance to Attitude Enhancer, I am passionate about infusing self-love and self-care in my clients, so that they can develop a powerful, influential, and charismatic personality. I impart skills on the art and science of emotional well-being and image management to women, young adults, professionals from corporates and even fashion brands.

Through my talk shows and speaking engagements, I inspire my audience to develop a mindset that helps them to present themselves with authenticity, build relationships with warmth, and project influence with elegance.

I often quote that, **“The moment you authorize yourself, the world will endorse you”**. Self-love and acknowledging yourself is the core of my work. My own journey of self-love has led me to passionately believe and share this message of internalizing self-love and strengthening self-esteem for a healthier relationship with ourselves as well as with others.



*“Taking care  
of yourself  
is being  
productive.”*

**Did you know that...**

- Your Mindset reflects through your external Habits and Communication?
- Your Attitude gets noticed in your Body Language and Etiquette?
- Your Clothing showcases your Choices and Values?

It's always the internal processes that reflect in our external behaviours. In my workshops, consultations, counselling sessions, and seminars, I combine attitude enrichments with appearance enhancements to sharpen communication skills, personal image, and influence.

I have a special place in my heart for differently-abled children and adults. I work closely with them and help them regain their confidence and enhance their self-image. I have also counselled rape victims as part of their rehabilitation program to help them heal their trauma and love themselves.

*“When a flower  
doesn't bloom,  
you fix the  
environment in  
which it grows,  
not the flower.”*





# My Work

## Coaching & Consulting



### The Miracle in You

Move ahead with clarity in this one-to-one counseling session on any personal topics related to relationships, anxiety, and self-confidence. Get your mojo back and experience the life the way you want to live and achieve your goals.(Personalised engagement as per your requirements)

### Image Inside Out

Enhance your personality and get goal setting, body language, and personalized image enhancement tips and tricks, smart wardrobe strategies, and personal shopping techniques for special occasions like weddings. (Customised as per your needs)

# Workshops

## Enhance your Persona

Get knowledgeable about the right appearance and attitude to harness emotional well-being with an inside-outside approach.

## Happy Vibes

Designed for adults, kids, and parents as the ultimate guide to a happy journey with beautiful relationships.



## Style Your Service 'The Benaisha Way'

Stand out in a cut-throat competition, by adding style to selling so as to increase sales and create happy buyers and retailers.

## The Awkward Teens

Get confident, stay focused, and sail through your most critical years.  
(Customized for Teens)

## Your Online Presence & Poise

Get confident, stay focused, and sail through your most critical years.  
(Customized for Teens)

## Positive Parenting

Get to know the ways to positive parenting to raise confident, happy, and successful kids.

## Mental Health Awareness Sessions

Get tricks on anger management, tips on stress relief and nuggets of wisdom on relationship building, self-esteem and self-love.

# Credentials



India's First Youngest internationally certified Master Image Consultant



Current chapter president of Mumbai, IMPA (Image Management Professionals Association)



Four-time winner of the Global Excellence Leadership award by IMPA



Business Excellence award winner by IMPA 2022



Two time TEDx speaker

## A few client names...



S.N.D.T. Women's University



# Unique Achievements



‘The Benaisha Way’ is my signature program adopted by Global Fashion Brands to get their sales staff sell fashion and luxury with ease.

I have inspired and trained more than 7000 people to be Style, Image, and Fashion Conscious. In addition, I have also influenced people to shift their focus to mindful, sustainable living and heightened the importance of mental health.

With personal consulting to more than 300 HNI clients across India, United States, and UAE, I have supported my clients to love themselves more, create meaningful relationships, command influential appearance, and exude charisma.



# Speaking Laurels



- Received a standing ovation for my TEDx Talk at age 24 and I also inspired thousands at the Kaggaz forum for the youth and shared my vision of India's Young Image.
- Speaker on Mind over Matter Series at Nmami Life having a growing community of 1,15,000 members.
- Received an invitation from the Education Times to speak and motivate their audience on image and career.
- Appreciated by the Gulf Times for work done with Qatar Airways and Indian Women's Association of Doha.
- Left a strong impression at India's first image management TV show 'Image Banani Hein' on Zoom TV.
- Invited to conduct live sessions on mindful living, mental health, and self-presentation on social media with various recruiting firms, schools, and with, Dr. Vaidya's, Onism by Mallika, Networking IndiaNow, Well & Wise series by Elements HRS, ISD- Indian School of Design, Mayoora Pvt School – Abu Dhabi (for students and parents), Now & Me to name a few.



# Testimonials

From high profile national assignments to taking up international assignments, she is making her mark in the image management space and taking the concept of Image Management on a global platform in various forms. Her grip and sharp sense of application of concepts make her stand apart from the rest and gives her an edge as an Image Consultant."

~ Suman Agarwal, Director-ICBI, Master Image Consultant, President-IMPA.

"Although, I am a quite image conscious person and measured in my public image, I must say I got to learn quite a bit from her skills. I learnt some part of dressing styles and what goes with what attire from this workshop. Overall, I can say Benaisha is a true professional in her forte and a good amiable person to be with."

~ Dr. Pourus Mehta, Scientific Officer, Bhabha Atomic Research Centre, Mumbai.

An eye opener, a mind changer, a new look, a new "Me" - all thanks to Ms. Benaisha Kharas, a lady full of knowledge and enthusiasm – all ready to touch hearts and change lives. She is full of energy, filled with live examples, fun filled activities, interesting discussions, lots of analysis and question answers.

~ Nupur Patel

"She has broken mindsets through her sheer determination of not falling prey to one's circumstances. Age doesn't confine one's experience and talent; one can achieve anything at any age. Talent, we all have; however, only a few have it in them to realize it and put into actuality".

~ Sanjay Agarwal

# Pictures Gallery

