



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Good Health and Grooming Habits for Professionals

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 243193 · NQF Level 1 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips professionals with the knowledge and skills to maintain good health and grooming habits essential for a positive workplace image and personal well-being. Learners will understand the importance of personal hygiene, nutrition, exercise, stress management, and professional appearance in enhancing productivity and interpersonal relations.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	243193
Accreditation	SAQA Accredited · NQF Level 1 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of personal hygiene and grooming to maintain a professional appearance.
- Demonstrate understanding of the impact of nutrition and exercise on overall health and work performance.
- Analyze the effects of stress and implement stress management techniques.
- Evaluate personal health and grooming habits to identify areas for improvement.
- Implement a personal health and grooming plan aligned with workplace expectations.

WHO SHOULD ATTEND

- This course is designed for employees at all levels seeking to improve their health and grooming practices to project a professional image and foster a healthy work environment.

COURSE OUTLINE

Day 1: Foundations of Professional Grooming and Health

- Introduction to professional image and its role in career success.
- Essential grooming habits: skin care, hair care, and oral hygiene.
- Dressing for success: appropriate attire and accessories.
- Health basics: nutrition, hydration, and sleep for optimal performance.
- Stress management and its effect on appearance and health.
- Creating a daily grooming and health checklist.
- Common grooming mistakes and how to avoid them.
- Cultural considerations in professional grooming.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	10 Aug 2026	On-Campus	Mauritius
11 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	18 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 243193) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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