

A More Charming You!

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Dr. Oladele Akin-Ogundeji

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A MORE CHARMING YOU!

by

Dr. Oladele Akin-Ogundeji

(President, *Psychology*

Associates/BeterPoise.Com)

Being More Charming Can Be Great

I am happy that you have chosen to learn a few things that would help you become more charming. I learnt these things several years ago. I have also taught people who participated in our Poise Forums years ago.

With personal charm, you'd be adding more happiness to life – to your life and to the life of those that you are impacting. A lot of good could be done in social, corporate, and business circles when we all build personal magnetism.

Think of the ambience, think of the quality of personality, think of the overall impact when people are not faking, but are genuinely personable. Much is good about personal charm. Much could be gained by being a genuinely more charming person!

Don't Be Fooled

Many people are not achieving the social and personal success they could if we factor in their natural endowment, simply because they fail to develop their personality. Some people are enamored with, or overawed by, movie stars and music idols but they have not done their bit in developing the personal charm which would transform them to stardom in their own circles or within their immediate areas of influence. It is a tragedy that even very beautiful ladies and handsome individuals besmirch their personality simply by relying on their raw endowment and not taking further steps to enhance their level of personal and social success. In fact, some of them repel rather than attract people!

Don't be fooled, **personal charm, as conceived here, is not about putting on a show. It is not**

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about mere appearance. It is about the intrinsic quality of a magnetic personality.

The truth is that physical endowment is not enough to guarantee personal charm. And lack of physical endowment is not a barrier to being more charming!

Anybody could be as charming, and as personable, as they care to be, provided they deliberately take some steps as are presented in this e-note. This e-note came about from personal experience and professional practice over several years. And much of what is covered here has been used with great success at the Poise Forums we organized a few years back.

Yes, You Too Can Be Charming!

You can be charming. No matter your physique, no matter your social status, no matter your circumstances in life, you can be as charming as you can possibly be.

You may not be the most beautiful lady in the world. We are not talking about beauty here. You may not be the most powerful man in the world. Charm is not about power. You may not be the wealthiest person in the world, many wealthy individuals the world over lack charm. You may not be the most elegant person in your social circles. Believe you me, not all elegant people are charming.

There is more to personal charm than elegance. There is more to personal charm than physical beauty, although a person who is naturally endowed with beauty has an advantage if they do other things covered in this e-note. Even if you are not naturally endowed with beauty or other physical endowment you could be as charming as you could, using the hints in this e-note.

Wake Up to Reality, Don't Limit Yourself!

You can be charming. Your personality can magnetize and win people. Some people wrongly believe that since they are not pretty looking or beautiful, they can't be charming. Some wrongly believe that since they can't afford the best of dresses, jewelries, or what have you, they can't be attractive. Don't fall for such baseless notions.

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If you believe that because you are not handsome or because you do not have the physical features cherished in your social circles, so you are not charming or you can't be charming, perish the thought. **If you see your worth primarily in terms of how other people perceive you or compare you with others, you are lulling yourself to sleep.** Wake up to reality.

The reality is what you make possible by your responsible actions and responsive outlook and attitudes, not what goes on in the minds of your friends or associates. If, thus far, you have not been impacting people in social circles or you have not taken time to cultivate personal charm for social and business success, you should wake up. You could be as charming as the prettiest or best attired woman or man around you when you cultivate a magnetic personality.

You will gain in influence and power with a charming and intriguing personality. Life will be more pleasant for you when you gain in influence. More doors will open to you if you take some steps to build personal magnetism. Wake up to personal charm. Decide to make your presence felt for your personal, social, and business success.

Your Personality Counts!

Everybody has personality. Personality is a set of the somewhat inherent features that mark off a person as different from others. It is the person's characteristic and relatively consistent patterns of thinking, feeling, and behaving. Your manners, your attitudes, and your style – all count towards your personality!

Interestingly, although everybody has personality, not everybody is personable. A person's personality may attract people, while another's may repel. One person's personality may make them win people while another's may make them lose people. Your personality may earn you influence, prestige, or admiration. It may, on the other hand, earn you disdain or rebuff.

Charisma may be the winning secret of many famous men and women in the public arena but not everybody has it – and that doesn't diminish from what you could do to be more charming: **When your personality consistently attracts**

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people, wins you influence, admiration and respect – you are personable!

Harmony With Your Social World

Many psychologists conceive personality in terms of an individual's distinctive adjustment to their social environment. The key element to work with here is an understanding of what a social environment consists of. A social environment consists of people and the series of interaction between them in a particular situation.

To be well adjusted to a social environment means that you are successful in that environment. That you have a happy association, receive appreciation, and esteem, and hold your place and take part in the various activities in a spirit of harmony. This has a lot to do with the quality of your mind, attitudes, and habits, but much less to do with your physical beauty!

Cherish Your Uniqueness

The starting point is to realize that **you are unique**. There is no one like you in the whole world. No one looks like you. No one feels the way you feel. No one talks the way you talk. No one has your kind of eyes. Your voice is unique to you. Some people may closely resemble you in all these areas, but they are nonetheless essentially different from you. You are unique.

Have Genuine Interest in People

You need to realize what an everyday social environment demands for success. That is, what could make you personable, what could make you build goodwill with people. An everyday social environment requires people who have genuine interest in others, people who are warm-hearted, cheerful, appreciative, understanding, kind, caring, loyal, gentle, and relaxed. It requires people who can serve others selflessly and inspire them to be their best. You could do these with your uniqueness. It depends on how you present and position your personal attributes in everyday interaction. In a sense, it depends on whether you have developed a winning personality. In the world of business as in everyday social encounters, two people may have the same products or ideas to

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market. Yet where one person succeeds the other may fail. The difference often lies in the quality of each person's personality.

Hone Your Personal Appearance

Although a charming personality does not primarily depend on physical beauty, your personal appearance counts. There is very little you could do about your physical beauty, what you inherit from birth, but there is a lot you could do to **improve your personal appearance**.

Ordinarily, the beautiful woman or handsome man may be naturally positioned to attract attention. However, if they fail to cultivate the key attributes that win people's respect, loyalty, and support they would fail to have a winning personality. This situation happens when the pretty person takes themselves seriously and gets somewhat arrogant or vain on account of their natural beauty or endowment. If you are naturally pretty, use it as an asset by cultivating the critical attributes of a winning personality. If, however, you are not endowed with natural beauty you would be more attractive by concentrating on developing key characteristics of a charming personality.

Let's start with how you could become physically more attractive. In this case, **your carriage is important**. Your posture, gait, and bearing could make you attractive or unattractive. If you are sloppy, awkward, and ungainly in your posture and bearing – how you sit, stand, and walk – you would be less attractive and less personable to people.

When you stand, avoid slouching. Stand erect – with head up, shoulder blades back, chest pushed out, and abdomen drawn in. You should practice standing in this way at home and in front of a large mirror over a period. Try a variety of postures and select the one that seems the most graceful and attractive. Once you select a posture cultivate it daily wherever you are so that it becomes natural. Don't be deterred by the tiredness your muscles may experience initially as this would ease with time and as you become more physically poised.

Hone your bearing, **the way you walk**. As soon as you have developed a good posture, then practice walking slowly and consciously forward, letting

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your heels contact the floor just a little before the ball of your foot contacts it. You should lift your feet clear of the ground and let them go down firmly without any scraping or dragging. Practice a length of step that is neither too short nor too long. This length of step neither gives an appearance of ungraceful stiffness nor produces an awkward rocking, and an ungainly series of up-and-down movements of the body. Aim for a pattern of walking that results in an erect forward movement with the least possible movement up and down and from side to side. Personally, one of the few areas people have found me charming is my carriage, the way I walk. I've met people several times in my life—even along the street – commending me on the way I walk. But truly, I learnt this several years ago as a youth!

When you properly cultivate posture and bearing, the result is gracefulness – an important asset of a winning personality. When you are graceful in your movements, carriage, and attitudes you would attract attention almost everywhere and you would create a favourable first impression upon people who see you. But gaining attention – or drawing attention to yourself – should not be the goal of developing a charming personality. It is a just a bonus!

Vitality and Healthy Breath: As far as possible you should take care of **your physical health**. Do whatever you could to be vital and in moderately good health. Pay particular attention to **your teeth and your breaths**. Decayed teeth are a repulsive physical defect. If you have defective teeth, go see a competent dentist to do whatever they could to put your teeth in perfect condition. Keep your teeth in sparkling condition for your age. Keep your breath pure and welcoming.

Personal neatness is another key to an attractive physical appearance. Daily bathing of the entire body, often with mild soap, keeping the fingernails clean and well-trimmed, and giving the armpits special cleaning and conditioning will enhance physical neatness. There is need to take good care of the hair – in terms of grooming or styling. Carefully select the hairstyle or haircut that makes you look attractive.

Enhance **your plumage** – your dressing. Go for clothes and colours that make you feel sharp, elegant, and relaxed without unnecessary

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affectation. You may need to experiment with dress colours, styles, and materials, and ask the opinions of your friends to arrive at the ones best suited to you. Your dress should be neat and simple and should reflect your personality without the clothes making any impression outside your personality. Stay with what you could afford but make it clean. Make the best of what you have even if it means cleaning them up and redesigning them to styles that suit you.

Yes, You too Can Be More Charming!