

# TRIMION AFRICA™

## Confidence Positioning™

Grooming, skin, posture, presentation and social confidence routines.

### Grooming Checklist

- Clean haircut or maintained hairstyle.
- Fresh scent but not overpowering.
- Trim nails and clean hands.
- Clean shoes.
- Clothing fitted to current body, not fantasy body.

### Skin & Presentation

- Basic cleanser, moisturiser and sunscreen routine.
- Hydration and sleep support skin appearance.
- Keep presentation clean, minimal and intentional.
- Avoid looking overdone; premium is controlled.

### Posture System

- Shoulders back and relaxed.
- Neck tall, chin neutral.
- Walk slower and more deliberately.
- Train back and core to support posture.
- Practice standing confident without tension.

### Social Confidence Routine

- Speak slower.
- Hold eye contact naturally.
- Do not over-explain yourself.
- Enter rooms with calm energy.
- Let discipline create quiet confidence.

Brand	TRIMION AFRICA™
Framework	Premium Final Form Systems™
Document	Confidence Positioning™

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