



*If You Want To Succeed And You Prepare To Do So, You Will Achieve Your Dreams.”*

### **6 Week Sample Workshop Topics**

**Week 1:** *Orientation, Goal Setting, Basic Posture, Walking Exercises, How To Turn, Greetings, and Proper Sitting*

**Week 2:** *Body Image, Self Confidence, Self-esteem, and How To Handle Rejection, Attitudes, Shyness, and Leadership Development*

**Week 3:** *Eye Contact, Facial Expressions, Body Language, Job Interview Preparation, Being Career Minded, and Professional*

**Week 4:** *Appearance, Grooming, Hair, Makeup Application, Diet, Exercise, and Skin Care*

**Week 5:** *Goal Review, Wardrobe, How To Dress For Every Occasion, and Use Accessories Effectively*

**Week 6:** *Etiquette, Table Manners, Poise, and Posture*