



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*