



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

8 Week Sample Modeling Workshop Schedule

Week 1: *Orientation, Goal Setting, Basic Posture, Walking Exercises, Proper Sitting, and How To Dress Like A Model*

Week 2: *Basic Runway, How To Turn, Body Image, Self Confidence / Self Esteem, Shyness, and How To Handle Rejection*

Week 3: *Eye Contact, Facial Expressions, Body Language, Runway, Poses, and Turns*

Week 4: *Working In Front Of A Camera, Appearance, Grooming, Hair, Makeup, and Skin Care*

Week 5: *Diet, Exercise, Runway, Working In Front Of A Camera (bring your camera)*

Week 6: *Wardrobe For Photo Shoots, Using Accessories On The Runway, and Practice Auditions*

Week 7: *Etiquette, Table Manners, Attitudes, Leadership Development, and Runway*

Week 8: *Agency Procedures, Vouchers, Open Calls, Mail Submission, Agency Percentage, Payment, What's Tax Deductible, Zed Cards, Commercial Headshots, Models Books*

* Parent welcome to attend the last workshop with your child.

www.JeanMarshallPhotography.com 949-466-0828