



Personal Development Program

Confidence * Personal Appearance * Etiquette

The Julie Nation Academy's Personal Development Program is a 20-hour training program comprised of interactive workshops. The goal of this course is to develop and strengthen one's personal growth and professional appearance while assisting in career preparation and advancement. The objective is to increase the individual's leadership skills and abilities in formulating a value system that supports the student in the building of self-esteem, confidence, and positive communication with others.

Program Includes

- * 20 instructional hours scheduled in 2- and 3-hour workshops
- * Year-round special events, opportunities, and graduate workshops
 - * Headshot Photo Shoot (25 images)

Personal Development Program: Brief Course Outline

- * Personality Development
- * Self Esteem and Confidence
 - * Visual Poise
- * Communication and Vocal Expression
 - * Social Awareness
 - * Personal Leadership Skills
- * Professional Attitudes and The Wonderful Power of Love
 - * Etiquette and Manners
 - * Skin Care Analysis
 - * Natural Make-up Skills
 - * Hair Care and Styling
 - * Wardrobe and Styling
 - * Health and Fitness



In-Depth Course Description

Personality Development

The building of one's self-image and confidence is the goal of these sessions. Self-acceptance, positive thinking, and increased self-confidence are cornerstones to the entire program experience. The use of creative visualizations as a reference tool is often used. Job interview workshops are also included as an aid in learning professional presentation.

Self Esteem and Confidence

The Personal Development Program's most important purpose is to honor and assist each student's inner beauty and strength as an individual. In encouraging an attitude of believing in and loving oneself, we support each student's growth in knowing that personal goals and dreams can be achieved. The power of self-confidence is the philosophy followed in each class session.

Visual Poise

Posture and body language is taught for each student to apply to personal life as well as professional situations. In addition to creating healthy posture habits, effective body language communication is taught for job interviews, stage and sales presentations. Techniques are presented in keeping with current trends and include pivots and turns, arm and head movement, coat/accessory techniques, expressions, terminology, visual poise, and use of props.

Communication and Visual Expression

Communication skills are emphasized as they apply to successful personal and professional self-expressions. The tools of good speech are studied; breathing techniques, pronunciation, inflection, gestures, facial expression, vocabulary choices, and emotional projection are included. Students prepare a dramatic reading or commercial, and their presentations are taped for self-evaluation along with the instructor's recommendations for improvement.

Social Awareness

This session focuses on the value of self-respect and consideration. Peer group pressure including how to address bullying, establishing one's value system, confidence in being an individual, and making one's own decisions are topics also discussed. Our individual sense of responsibility towards daily habits that contribute to the well-being of our environment and world-at-large is included, as well as proper use of social media. Etiquette is very important in any business and in life. Your personality and manners that can help you excel in any career are reviewed.



Personal Leadership Skills

The attributes of developing and practicing leadership skills are identified and demonstrated in real-life social and employment situations. The pride of standing on “one’s own feet,” and creating one’s own unique path to achieve self-chosen goals, rather than following the crowd is emphasized. The obstacles present in our culture to personal success are also discussed, as well as how to overcome these obstacles.

Professional Attitudes and the Wonderful Power of Love

The three Ps: Professionalism, Pride, and Performance are reviewed. Students chart their own evaluations and goals, envisioning the picture of their ideal “Self,” with attributes assigned to their personal vision. Life’s magic ingredient for success and achievement of your dreams and goals is LOVE!

Etiquette and Manners

The skills needed to be confident and present oneself in a wide variety of social situations are reviewed and demonstrated. This includes dining out, self-introductions, parties for all age groups, and etiquette for weddings, funerals, and special events. Travel courtesies, world-side customs, and the diplomacy appreciated by citizens of other countries are taught.

Skin Care Analysis

Skin types are analyzed and an appropriate cleansing program recommended. Biology of the skin and comparison of products included. An appreciation of nutrition and health as an irreplaceable element in one’s beauty program is emphasized, and personal plans are suggested.

Natural Make Up Skills

Application of cosmetics and their appropriate uses are the objectives of these workshops. The sessions include color analysis for skin types, foundation, blush, contouring, highlighting, mascara, eye shadow, lip liner, manicuring, as well as understanding the use of application tools. Make-up appropriate for various occasions is covered. Students are expected to be able to learn the appropriate techniques to achieve either formal or informal result.

Hair Care and Styling

The condition and type of each student’s hair is evaluated and daily care recommendations are made. Hair products are described in relation to their purpose and best use. Each student has his or her face shape defined, and their hairstyles recommended accordingly for both current and future styling decisions. These sessions are taught keeping job interviews and social occasions in mind. This section also includes exploration and mastery of a variety of current casual, daytime, and business styles, as well as formal styles. Flexibility in “looks” is stressed along with suitability for particular moods and fashion.



Wardrobe and Styling

This session begins with finding the right colors and tones of clothes for the student, which depends on their skin and hair color. A variety of current casual, daytime, business, and formal styles are explored. Particular moods of fashion are also discussed and studied. Current fashion trends will be analyzed and put into perspective in relation to each individual's body types.

Health and Fitness

Knowledge of nutrition and figure control is vital to good health, self-confidence, dignity, and grace. Exercise and healthy eating is the primary way to achieve any figure goal. The Academy's aim is to compare and contrast different nutritionist's theories, hence compiling a personal philosophy suited to each individual. Exercises and aerobic workshops are included.