



Teen Personal Development Short Course

A Modern-Day Finishing School

Saturdays 1:00-3:00 pm

Focus: Personal Development

Date: January 10th

Orientation, Class Procedures, and Goal Setting: Welcome to your program! Your orientation to the program includes the class procedures, student guidelines and awards, and self-care and self-love.

Personality Workshop: The importance of building self-esteem in becoming the person you want to be, establishes personal and career goals and is a key to success in achieving your heart's desires. The beauty of being a person you respect; the skill of developing self-chosen character qualities. This discussion supports and empowers students to create their own goals and dreams. Visualization, treasure-map charting, and life-style management tools are included.

Visual Poise Workshop: Healthy posture and natural walking are taught in this workshop; as well as body language and the ability to walk naturally with visual poise. Posture, standing positions, sitting properly, and proper carriage are taught. Healthy habits to maintain physical health Standing positions and walking. Body language and its importance in self-expression are demonstrated.

Date: January 24th

Skin Care Analysis: Skin types are analyzed, and an appropriate cleaning program is recommended. Biology of the skin and comparison of products are also included. An appreciation of nutrition and health as an irreplaceable element in one's beauty program is emphasized, and personal plans are suggested. Good grooming habits and natural makeup applications are included.

Visual Poise: Review of posture and natural walk. Body language skills are addressed. Basic pivots, turns, and coordination of hands and head to enhance attractive carriage are included in this class. Sitting with style and grace; body coordination; entering and exiting rooms; getting in and out of cars; the proper professional handshake. Situations where professionalism enhances our presentation skills are practiced.

Date: January 31st

Etiquette and Manners: Dealing with peer pressure and bullying, as well as using social media appropriately. The skill of self-awareness and the art of self-appreciation are discussed. Choosing one's attitudes and behaviors as well as being empowered to be our best. Our personal inner beauty and self-respect are compared to the values represented in our peer groups and culture as a whole. Application of values of self-respect and consideration of others in various social situations, including self-introductions, invitation responses, weddings, funerals, dining, travel behavior, and other social situations. Manners for socially aware people are emphasized. Social Awareness and proper use of social media is discussed.

Wardrobe & Styling Tips: The goals in this workshop are to define good taste in clothing selections and personality expressions. This session includes identifying 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. Moods of fashion are also discussed and studied. Current fashion trends will be analyzed and put into perspective in relation to everyone's body type.

Date: February 7th

Health and Fitness: Knowledge of nutrition is vital to good health, self-confidence, dignity, and grace. Analysis of vitamins and minerals is included. Students create a self-chosen, daily health plan personally designed for one's physical well-being. The Academy's aim is to compare different nutritionists' theories, for the students' benefit. Exercise routines are designed for personal health plans to establish fitness goals. Fun, quick, and easy exercises will be done in class. ****Bring exercise clothes****