



Personal Development Program

A Modern-Day Finishing School Training

Confidence * Personal Appearance * Etiquette

The Julie Nation Academy's Personal Development program is an 8-hour training program comprised of interactive workshops. The goal of this course is to develop and strengthen one's personal growth, confidence, and appearance supporting the student's personal goals in life. The objective is to also increase the individual's leadership skills, character, and abilities by formulating a value system that supports social skills and positive communication.

Program Includes

- * 8 instructional hours scheduled in 2-hour workshops
- * Year-round special events, opportunities, and graduate workshops

Personal Development Program: Brief Subject Outline

- * Personality Development
- * Self Esteem & Confidence
 - * Visual Poise
 - * Social Awareness
- * Personal Leadership Skills
- * Etiquette & Manners
 - * Skin Care Analysis
 - * Wardrobe & Styling
 - * Health & Fitness



Subject Descriptions

Personality Development

The building of one's self-image and confidence is the key to 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 are 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 Vocal Expression

Communication skills are emphasized as they apply to successful personal and professional self-expression. 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 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.

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-wide customs, and the diplomacy appreciated by citizens of other countries are taught.

Skin Care Analysis

Skin types are analyzed, and an appropriate cleansing 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.

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 type.

Health and Fitness

Understanding nutrition and how the body functions is essential for maintaining good health, confidence, and overall well-being. Regular physical activity and balanced eating habits are key foundations for feeling one’s best. The Academy’s goal is to explore and evaluate different nutritional perspectives, helping each individual develop a personalized approach that supports their unique needs.