



Image Development

(Ages 13 +)

*****Objective:** *Developing skills to improve one's inner image and outer appearance. Awareness of behavior in career and social environments.*

*****Week 1 Orientation:** *Goal setting, self-esteem, public speaking and overcoming shyness, what is to be expected, before picture taken.*

*****Week 2 Make-up:** *Make-down, John Robert Powers philosophy on beauty, understanding skincare, how to apply: foundation, powders, lips, etc.*

*****Week 3 Fashion coordination and wardrobe:** *Clothing do's and don'ts, image consulting, jewelry and accessories, proper shoes and handbags, undergarments and hosiery.*

*****Week 4 Health and fitness:** *Nutrition, exercise, diet and eating disorders. Note: Students should wear appropriate exercise attire and bring completed weekly diet homework.*

*****Week 5 Hairstyling:** *Hair care, color shape, style and product knowledge.*

*****Week 6 Visual Poise:** *First impressions, eye contact, walking with grace, posture and poise, single line walking, stooping.*

*****Week 7 Social Awareness:** *Formal dining, silverware settings, courtesy, removal of gloves and coats, current etiquette for telephones and electronic devices.*

*****Week 8 Communications and vocal expressions:** *Voice and diction, flexibility, volume and volume pitch, articulation.*

*****Week 9 Personal growth:** *Introductions, hand shaking, party etiquette, hosting a party, invitations, guest responsibilities, thank you notes.*

*****Week 10 Final review:** *Overview of all techniques, before and after grading, after-picture taken.*