



Image Development for Men

(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 Skin care:** *Skin types, cleansing techniques, sun protection, facial treatments, shaving and waxing.*

*****Week 3 Fashion coordination and wardrobe:** *Rules for dressing, basic line, color, coordination and care in purchasing clothes.*

*****Week 4 Health and fitness:** *Nutrition, exercise, diet, calorie burning, weight training, vitamins and minerals and body mass index.*

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

*****Week 6 Print and modeling:** *Posture, smooth walk, hand and arm positions, creating individual style, head movements, photography, facial expressions and sitting for the camera.*

*****Week 7 Social awareness:** *Formal dining, silverware, first impressions, greetings, protocol, introductions, dating, courtesy, current etiquette for telephones and electronic devices.*

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

*****Week 9 Personal growth:** *Personality, extending your vocabulary, building confidence, values, trust, responsibility and group interactions.*

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