Course Title: Personal Grooming and Image Management

Duration: 1 year

Overview-

The proposed module, situated within the framework of a holistic personal development course, offers an immersive journey through the art of self-improvement. With an emphasis on self- awareness, image management, and cultural appreciation, students will delve into essential skills and knowledge required for a successful, well-rounded life. Complemented by workshops on global and ballroom dancing, wine and whiskey appreciation, business drinking etiquette, fitness, mental
health, and nutrition, this module encapsulates a diverse range of personal and professional growth, equipping students with the tools to master the intricacies of their image, self-esteem, health, cultural awareness, and social acumen, creating a comprehensive pathway to becoming the best version of themselves.

Goal-

Self-Improvement: The primary goal is to empower students with the knowledge and skills needed for personal growth, fostering self-awareness, self-esteem, and a growth mind-set to help them become their best selves.

Image Management: To educate students in the art of personal grooming, professional style, and digital etiquette to enhance their personal and professional image.

Cultural Appreciation: To broaden cultural horizons through art, music, film, and dance, promoting cultural sensitivity and an appreciation for diverse forms of creative expression.

Social Skills and Etiquette: Develop students' social skills, networking abilities, and professional etiquette, ensuring they can confidently navigate various social and business settings.

Fitness and Mental Health: Equip students with practical knowledge about maintaining physical fitness and mental well-being to lead healthier, more balanced lives.

Diet and Nutrition: To educate students about the significance of a balanced diet, offering insights into healthy eating habits that complement physical fitness and mental health.

Suggested Course Module

Foundation of Self-Image and Personal Development (Month 1-3)
1: Introduction to Personal Development
Understanding self-awareness and self-esteem.
Setting personal goals.
Building a growth mindset.
Time management techniques.
Goal setting and task prioritization.
Stress management and work-life balance.
2: Fitness and Mental Health Module
Physical Fitness and Well-being
Introduction to the importance of physical fitness for mental health.
Understanding the basics of nutrition, exercise, and sleep.
Guided physical activity session or fitness workshop.
Mental Health and Self-Care
Raising awareness about common mental health issues. Techniques for stress management and self-care.
Guided relaxation and mindfulness exercises.
Holistic Health and Balance
The mind-body connection and its impact on overall well-being. Strategies for achieving balance in personal and professional life. Personal Fitness and Mental Health Plan
Creating a personal fitness and mental health plan.
Setting goals for physical and mental well-being.
Reviewing resources for ongoing support.
3: Personal Grooming and Hygiene
Skincare and haircare routines.
Dressing for success.
Basic makeup and grooming tips.
4: Effective Communication
Verbal and non-verbal communication.
Public speaking and presentation skills.
Active listening.
5: Social Media Management and Etiquette
Creating and managing professional social media accounts.
Building an online brand and presence.
Online etiquette and digital image management.

Personal Style, Image, and Cultural Appreciation (Month 3-6)
7: Fashion and Style
Understanding personal style.
Wardrobe essentials and styling tips.
Dressing for different occasions.
8: Hair and Makeup Mastery
Advanced makeup techniques.
Hairstyling and trends.
Personal grooming routines.
9: Art, Music, and Film Appreciation
Introduction to art and its influence on culture.
Music appreciation and its impact on personal emotions. Film analysis and its role in society.

10: Personal Image Management
Creating a personal image that aligns with career goals.
Building an authentic personal brand.
Image consistency across platforms.
11: Emotional Intelligence and Relationship Management Emotional intelligence in personal and professional life.
Conflict resolution and effective communication in relationships. Building and maintaining strong connections.

Advanced Personal Development and Creative Expression (Month 6-7)
12: Networking and Building Influence
Networking strategies and opportunities.
Personal elevator pitch.
Building influence and leadership skills.
13: Professional Image and Dress Codes
Understanding workplace dress codes.
Dressing for success in your career.
Maintaining a professional image.
14: Advanced Social Media Strategies
Content creation for professional accounts.
Branding and marketing on social media.
Handling online reputation and crisis management.
15: Dance Workshop: Global and Ballroom Dancing (4 Classes)
Introduction to Global Dancing
Explore various global dance styles, including salsa, tango, and flamenco.
Discuss the cultural significance and origins of each dance.
Introduction to basic steps and movements.
Ballroom Dancing Styles
Discover the world of ballroom dancing, including the waltz, foxtrot, and cha-cha.
Learn fundamental ballroom dance steps and techniques.
Discuss the elegance and history of ballroom dancing.
Dance Workshop: Practice Session
Hands-on practice of global and ballroom dance styles.
Focus on perfecting basic steps and partnering in a fun and interactive environment.
Instructor-led dance sessions.
Dance Workshop: Showcasing Skills
Students perform global and ballroom dances they've learned.
Feedback and guidance from the instructor.
Encourage creativity and self-expression in dance.
16: Personal Finance and Investment Planning Financial planning for personal and career goals.
Investment options and wealth building.
Budgeting and financial management.

Etiquettes, Dining Etiquette, and Everyday Manners (Month 8-9)
17: Social Etiquettes and Manners
Politeness and courtesy in social interactions. Building rapport and networking effectively.
Managing various social situations gracefully.
18: Dining Etiquette
Formal and informal dining etiquette.
Table settings and utensil use.
Proper behaviour during formal dinners and business lunches.
Invitations, gifts & worldwide etiquette
The difference between a French table and an English table

Table manners
19: Beverage Appreciation and Business Drinking
Wine Appreciation
Introduction to wine appreciation, including types of wine and their characteristics.
Wine tasting techniques and terminology.
Food and wine pairing principles.
Whiskey Appreciation (2nd week)
Explore the world of whiskey, including types and production methods.
Business Drinking Etiquette (3rd week)
Understanding the role of alcohol in business settings.
Business drinking etiquette and the do's and don'ts.
Navigating corporate events and meetings with professionalism.
Class 4: Practical Business Drinking (4th week)
Role-playing and scenarios related to business drinking situations.
Discussion on responsible alcohol consumption in professional contexts. Tips for networking and building relationships during business events.
20: Everyday Manners and Civility The importance of everyday manners. Kindness and respect in daily life.
Being a considerate and thoughtful individual.
Adapting to various cultural norms.
Navigating international business and travel.
21: Personal and Professional Conduct
Conduct in the workplace.
Appropriate behaviour in various professional settings.
Balancing assertiveness with professionalism.
Cultural Sensitivity and Global Etiquette
Respect for cultural differences.

Professional Photoshoot and Practical Learning (Month 10-12)

22: Personal Photoshoot Preparation
Understanding the importance of professional photos.
Wardrobe and styling selection for a photoshoot.
Hair, makeup, and grooming considerations.
Working with photographers and stylists.
Posing and expressions for photos.
Lighting and location considerations.
23: Building an Online Portfolio
Creating a personal website or portfolio or CV
Selecting and showcasing the best photos.
Personal branding through imagery.
Practical Learning and Application
Applying the skills and knowledge acquired throughout the course.
Real-world scenarios and case studies.
Hands-on activities and projects.
24: Capstone Project and Graduation
Final photoshoot project presentation and evaluation.
Graduation ceremony and networking opportunities.
Transitioning into the professional world with a strong portfolio.

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