

Women's Image Development Course – 2 Days

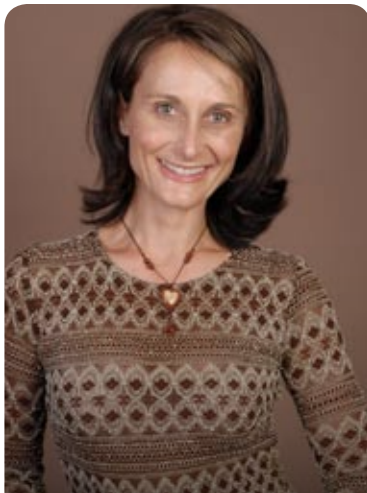
Catering exclusively to women 25 years and over!

This special course is for the woman who strives for style and confidence in every situation:

- those in need of a little “me time”
- those returning to work after an extended time away
- those looking to climb the corporate ladder
- or for those preparing for a big event (a wedding, perhaps?)

Refresh and fine-tune your image and confidence!

Classes are delivered in an entertaining and relaxed format; our expert ‘hands on’ training will ensure that you (and others!) see the results very quickly.



Wardrobe and Style

- Dressing to suit your body type and the occasion: flattering, fresh, modern and classic styles to suit you.
- Building a wardrobe: planning, updating your favourites, mixing and matching, making the most of what you have and deciding what to add over time for optimal dressing.

Communication

This practical workshop will assist you with:

- easy ways of starting interesting conversations
- correct introductions
- the impact of your body language
- the art of a good handshake
- assertiveness, listening & interpersonal skills... and more!

Speech

Whether at work, socially, at home, or in a public forum, learn to speak distinctly and with confidence. Experience significant improvement in your pitch, diction, and projection, and develop good techniques for relaxation and breath control.

Posture and Deportment

Enjoy the health and beauty benefits of good posture. Look taller and slimmer while improving the health of your spine and lower abdominal area. Wear your clothes well. Walk and sit with elegance. Enter and exit a car gracefully. You will enjoy looking and feeling more confident in no time.

Skincare, Make-up, and Grooming

Time to update your style?

- Learn the latest skincare and make-up techniques for optimising the appearance of your complexion and features. Work with specially-selected products and practise application tips for results that are modern, flattering, and age appropriate.
- Team your fresh, new look with advice on hairstyling, colour, and overall grooming to fully enjoy the confidence of looking and feeling your best.

Etiquette

Learn the guidelines for classic etiquette in the contemporary world:

- the correct wording for invitations and RSVPs
- writing thank you notes & condolences
- giving toasts
- dating etiquette
- style and manners at events, weddings, dinner parties and when fine dining
- workplace etiquette and interview skills.

What past students are saying...

2 Days
Full-time Course



Kim:

As a wonderfully thoughtful gesture, my partner gave me the Suzan Johnston Course as a gift. The course was a much needed confidence booster and really helped me to improve my speech and interpersonal communication skills.



Eve:

I was wanting a career change but needed more confidence and motivation to 'make it happen'. Suzan Johnston gave me the boost that I was looking for! The trainers were inspirational; giving me the knowledge, confidence and motivation to achieve success both within my career and other facets of my life – thank you.



Belinda:

Growing up, I was a tomboy with little interest in makeup or dressing-up etc. This continued into adulthood – where my focus became my studies and my career as a doctor. I really had no idea about make up, hair styling, dressing appropriately etc. The course at Suzan Johnston has helped me (at last) to express my femininity and appreciate that taking some simple steps regularly can make a world of difference to the total package – ME!

