

What past students are saying...

“This course is the sole reason I have a job today and I will always remember Suzan Johnston.” N. ROFLA

“A week of pampering has given me a fresh view on life. The trainers worked on our capabilities and gave me confidence and knowledge that I’ll use forever.” C. ELLIOT

“All the trainers are fantastic, their enthusiasm and dedication during the course is both commendable and highly refreshing. A totally professional effort made the experience very enjoyable.” K. SCOTT

“When I enrolled in a Suzan Johnston Course my aim was to freshen up both my mental and physical outlook. I couldn’t be more pleased with the results! I feel confident and good about myself and I am proud to be me. Through Suzan Johnston, I have truly achieved the results I was seeking. Never before have I had the pleasure of spending time with a more professional, supportive and sincerely caring group of ladies. Your exceptional training methods really do bring out the potential in everyone.” P. HENRICKSEN

“Thank you very much for looking after me so beautifully.” L. PRESTON

“I really enjoyed the course! I gained a lot from it. All the trainers were friendly and helpful and I now feel a lot more confident when standing up in front of a group and talking.” C. DI STEFANO

“The course that my daughters attended was the most wonderful investment a mother could provide. Not only did the girls have fun but it helped them in the development of important life skills. Thank you again for your wonderful service to young people.” M. WILLISON

1 Week
Full-time Course

10 Weeks
Part-time Course

Finishing Course

For females – teens to mid 20s



Practical Make-up / Beauty Sessions

Our practical, do it yourself workshops will assist you to become confident in applying both a natural/day make-up and an evening/special occasion make-up.

You will also receive individual advice on:

- the latest tips and make-up trends
- the secret art of contouring and shading to enhance or disguise your features
- selecting the right skin care routine to suit you and your lifestyle
- skin problems
- eyebrow shaping

Department, Posture and Body Language

Learn how to enter a restaurant, crowded room or job interview with absolute confidence and self assurance. In these practical training sessions you will receive individual assistance with:

- correcting any department and posture faults
- walking, sitting and standing
- learning the art of positive body language, shaking hands etc.
- making a positive first impression

Fashion and Wardrobe

Our special fashion workshop will advise and guide you on how to dress with style, flair and individuality.

You will receive personalised advice in:

- dressing according to your own body shape and colouring
- how and when to use accessories (ie. scarves, jewellery, hats etc.)
- dressing on a budget
- mixing, matching and co-ordinating your wardrobe with style
- dressing to suit the occasion

Personal Grooming / Hand and Nail Care

Your hands and nails play an important part in the creation of your total image and personal presentation. This practical workshop will train you in how to obtain and maintain perfect hands and nails!

Hair Care and Styling

You will receive individual advice on how you can achieve the most suitable style for you that will enhance and flatter your features. Learn how to care for and manage your own hair (ie: with curling tongs, straighteners, blow-waving, and other hair styling techniques).

Social and Business Etiquette

Charm, good manners and everyday courtesies will always be important. Learn the appropriate way of behaving in all types of social situations.

Training includes:

- table manners and dining out (ie: cutlery, chop sticks, eating spaghetti etc.)
- making introductions
- hosting a dinner party
- telephone/mobile etiquette & much more!

Speech Enhancement

Our special training methods will help you to develop a pleasant and confident sounding voice. Learn how to improve your breath control, voice tone, projection and diction.

Communication Skills

Learn the art of making confident and interesting conversation, projecting your own natural personality. This practical workshop will train you in:

- meeting and greeting people
- starting and maintaining a conversation
- knowing what to say and how to say it
- effective listening
- how to be 'nicely assertive'

Health and Wellbeing

You will receive assistance with:

- developing self-esteem and a positive body image
- establishing and maintaining a healthy eating plan for life
- incorporating exercise into your lifestyle
- tips on nutritious alternatives for snacks and fast foods
- understanding your metabolism

Job Interview and Resumé Writing

Prepare now for future job interviews! Our special 'employment preparation lesson' will assist you in:

- preparing your resumé
- job interview skills; questions and answers
- dressing for success
- making a positive first impression



Total self
improvement
and confidence
development
for females!