

A PROGRAM ON PERSONAL DEVELOPMENT FOR PSNB - 1984

PURPOSE:

To encourage and develop positive self-image and confidence through various personal development techniques for on-the-job.

ELIGIBILITY:

Program is geared towards all female employees.

SPECIAL REQUIREMENTS:

OBJECTIVE:

This class is designed for women in professional careers, otherwise known as the "working woman". It emphasises personal development with an accent on make-up, hairstyle, wardrobe and visual poise. A course designed to improve feminine poise and grooming.

This program is geared towards branch staff and those having public contact.

CONCEPT:

You can't turn you nose up at image polishing, male or female. They are both doing it and the time may come when your image polishing will be as important as where you went to school.

There is no clear path to building image -- knowing yourself is the starting point. And that's where we begin. Knowing how much packaging you feel comfortable with is the next step. If your packaging is not working, listen and recognize the signals. I will help you with identifying those signals and introducing techniques to improve on developing negatives into positives, from head to toe. With an end-result . . . a more natural look, eliminating weaknesses and enhancing strengths.

CURRICULUM:

1. Basic make-up, how to wear make-up properly. We will learn ways to achieve that toal look for the working environment.

- Complexion & Treatment
- Eyebrows & Eyes
- Bases, Blushes, & Lipcolors
- Highlight & Contour
- Warm vs. Cool colors for Day & Evening

QUESTION & ANSWERS

2. Basic hairstyle, we will work with ways to find styles for your face and your image.

- Haircare & Styles
- Hair & Scalp Care
- Facial Shapes and Critique
- Know your products & utensils
- Problem hair & importance of regular care

QUESTIONS & ANSWERS

3. Basic wardrobe, how to put your clothes together and make them work. We will learn to improve your wardrobe knowledge.

- Dress for Success
- Body Shapes & Evaluation
- Lines & Designs
- Patterns & Textures
- Selection & Coordination (9 makes 29)
- Personalized Colors, Tips & Reminders
- Individual Evaluation & Wardrobe Analysis

QUESTIONS & ANSWERS

4. Basic personal attitude & visual poise, we will work on your presentation skills.

-Self-image - An Introduction

-Personality Projection - Be Yourself

QUESTIONS & ANSWERS