



TEENAGE CONFIDENCE AND SOCIAL SKILLS WORKSHOP

Geelong | Thursday 3rd October



This course focuses on empowering teenagers (aged 13-15) by arming them with the necessary skills to develop a positive social awareness that will contribute to making a lasting impression. Social etiquette expert and founder of 'The Standard Companion', Ana Retallack will guide the students to building strong self-esteem through improved social skills, posture and confidence-building activities. Having confident connection with other people is what will set them apart when it comes to a job or scholarship interview. Ana will help them understand how to listen and meaningfully contribute to conversations, how to ensure they leave a good impression, as well as learning the value of self-respect and respecting others. They will also gain invaluable strategies for managing nerves, preparing them for both formal and informal social encounters as they transition towards adulthood.

The course also encompasses a 'Self-Awareness' module and we are delighted to be joined by Kate Meadows of 'Be More Mindful'. Kate not only brings with her 20 years' experience in education, but also her knowledge as a high school Student Wellbeing Co-Ordinator. Kate has a passion for helping others understand the importance of self-care and will guide the teenagers in getting to know themselves better so that they can understand the reason for their emotions and how they impact on their overall health and wellbeing.

Finally, the importance of table manners in the modern world is covered giving the students an opportunity to put newly acquired dining skills into practice over a 2-course lunch!

This workshop is ideal for those wishing to increase their general social and self-awareness in order to behave and manage themselves in a wide range of situations.

thestandardcompanion.com





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FIRST IMPRESSIONS COUNT

How to present ourselves positively
Handshakes, hugs and kisses
Meeting new people and making confident introductions
Small talk and how to move on to 'big' talk
What to do when you don't catch their name
Party tricks and tips!
Mobile phone etiquette

SELF-AWARENESS

Self-care and mindfulness
Know yourself!

POSTURE FOR CONFIDENCE

Making a confident entrance
Stand tall, sit tall
Walking well to instill self-confidence (yes, with a book on the head!)

MODERN TABLE MANNERS

Setting the table – knowing where all the pieces of cutlery, crockery, glassware & linens go
Which bread plate is mine and which glass do I use?
Napkin use
Knowing when to start
How to hold cutlery correctly
Polite table talk
Coping with mishaps at the table
How to deal discretely with food you don't like
What to do when we have finished eating

Thursday 3rd October 2019 | \$150pp

EARLY BIRD RATE OF \$140 PER PERSON valid until end of August

Sacred Heart College, Geelong (Celies Dining Room)

10am – 2pm projected finish

Price includes full tuition, morning tea and a 2-course lunch, together with a Certificate of Completion for each student to add to their resumé portfolio.

Please Note: The Standard Companion reserves the right to change modules.

Students will be informed where possible about major changes.

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