2015 GIRLS' PERSONAL IMAGE & ETIQUETTE CAMP

Two dynamic days/ 4 hrs each day - (Session topics will be catered to each age group.)

Presented by: Tonya Speaks, BS, CCC

--------Day 1--------

1. A Positive You!

Specific examples and engaging activities emphasizing how good manners and having a positive self-esteem can result in building successful relationships. Also, discussions on dealing with bullying, being a good host and friend, and how to be a good guest.

2. Can We Talk?

Greetings, polite conversation, phone and social media etiquette: These social skills will put them at a great advantage for the rest of their lives. They will be involved in activities that show the proper way to introduce each other. The activities also illustrate appropriate (and inappropriate) conversation topics, the art of small talk, proper eye contact, and handshakes, Campers will also learn the proper way to receive phone calls and take messages; the polite ways to make a phone call; and the appropriate and polite use of cell phones and social media. Interactive skits and group activities make this section especially entertaining!

3. Time to Dine!

Basic dining and restaurant etiquette: Demonstrations on menu ordering and how to properly eat certain foods. Girls will also learn how to set the table and the "nuts and bolts" of appropriate behavior during a meal. From the most basic rules of the thumb to more obscure practices- this section will instruct for a lifetime.

4. Wardrobe Wear and Care

Closet update/organization/maintenance: Campers learn the advantages of having a tidy closet with emphasis on different types hangers of how to hang and fold wardrobe items appropriately.

--------Day 2--------

5. What are you saying?

Communication 1...Verbal expression and diction - peers versus adults/authority figures.
Activities and games will be used to make them more comfortable and successful in their day-to-day interactions with teachers, parents and other authority figures. Contains tips and strategies on eye contact, tone of voice and other behaviors that will encourage positive outcomes when interacting with an adult.
Communication 2...Body language & expression
Learn what the body can "say"- positive and negative. Exercises in proper posture while standing, walking, and sitting.
Communication 3...Speech delivery, writing thank you notes, and interviewing skills.
Whether they are interviewing for schools or an internship or job, the activities in this section will give them an edge in real life interview situations.

6. Embody Your Body

Personal Hygiene and Grooming:
Campers review the ABC's of body grooming essentials and the important role that it plays in both staying healthy and maintaining a positive personal image!

7. Beautiful Healthy You

Campers learn the importance of adequate hydration, exercise, proper diet, sun protection, sufficient rest, establishing a daily routine. Proper use of Makeup and basic application tips (older group only). Basic Skincare and how to care for hair, hands, and feet.

8. Fashionably Yours,

Planning outfits, identifying personal style, and general fashion tips: Hands-on projects helps campers to learn the basics of building outfits, proper fit of garments, and dressing appropriately for the occasion. This section will help take some of the guesswork out of getting dressed- which will benefit for years to come!