

LifeSkillME

Your HeadStart in Life

Holiday Programme

Way +00 Cool!



Essential Life Skills for the Millennial generation



25 - 27 th June 2013

EquipME

GroomME

BrandME

CoachME

[take-aways]
Personal Development Plans, Create a CV, Interview Process, Personal Budgeting, Presentation skills, Voice & Public Speaking

[image]
Dress Sense, Make-up, Wardrobe, Colour, Style, Grooming & First impressions

[identity]:
My Brand/My Life, Digital Footprint & Social Media Savvy

[concepts]
EQ vs. IQ, Following as a Leader, Peer Pressure, Health /Wellness Guidelines, Business + Social Etiquette & Body Language



Get the edge on...



Voice Coaching & public Speaking whether you need to inform, motivate or sell yourself!

Get your voice to sound cool, calm and collected. Be aware of the power of your voice. Learn to sound convincing & professional

Body Basic education including "Lifestyle" diseases.

Owning your health by derisking your behaviour. Stress ME Less and coping skills

Avoid being nominated by family and friends as "Worse dressed Teen"

Learn 'why' all the fuss around grooming and style

Etiquette & Body Language - the non-verbal messages you send

You don't have to be in charge to display leadership abilities and Leading as a Follower in the workplace shows you how.

Learn about your Digital Footprint and responsible social media networking!

Learn how to take charge of your own personal development.

Understand what differentiates a good CV from a bad one and common pitfalls to avoid.

Demystifying the interview process

Get to grips with creating a personal budget and acquire financial savvy!

Learn about Social Ques and why EQ and Body Language is important in the workplace.

Why?

Are you ready to step into the working environment once you have completed your schooling or studies or even take up a part-time holiday job? What are your study and career plans? Do you know how to present yourself in an interview and answer the questions competently? What about your brand...did you know you had one? Learn how your digital footprint affects YOU! These are some of the key modern day skills required to transition from scholar to adult...

Leading Industry Experts in Life Skills, Business, Voice, Branding & Body Wellness will coach you in acquiring these essential Life Skills.

Register TODAY to Get your HeadStart!

Book NOW!

...Don't miss out on this GREAT opportunity!

What? + When? + Where? + How Much?



LifeSkillME Programme

25 to 27 June 2013

Mowbray Golf Club

R2,500 per person



Contact Tony on 021 680 0927 or Email info@redtrainingacademy.co.za
Book Online - Visit our website www.redtrainingacademy.co.za and click on the link to LifeSkillME

DISCOUNTED STUDENT RATES APPLY!

Presented by redTrainingAcademy in association with VoiceWorks, Creative Styling Solutions & On-Que Development and Training Consultants