

## The Image Update Workshop February 2010

***You are invited to attend*** our next **Image Update Workshop** scheduled for the **6<sup>th</sup> and 7<sup>th</sup> of February 2010**.

You may be a corporate client wishing to update your professional image, a student model that requires, or has been recommended an image update for industry advancement, or simply the individual wanting to advance yourself personally and or professionally. You may be seeking a change, new image or greater level of confidence and self-esteem, or a mature age applicant wanting to gain a fresh and modernised makeover and spirit. The Lizzie Wagner Academy has recently developed this new workshop that combines the very popular Improve Your Image Workshop (formally known as Look Good Feel Fabulous) and the ever popular Grooming, Deportment and Image Workshop. **The workshops are split on an age and or needs basis, running younger and more mature groups.**

The course dates and times are the **6<sup>th</sup> and 7<sup>th</sup> of February 2010** running from **10.00am – 5.30pm**. The course will be held at **The Quality Hotel Diplomat**, cnr Hely Street and Canberra Avenue Manuka.

This workshop is very popular with our corporate clients. Some of the Lizzie Wagner Academy corporate clients have included; The Southern Pacific Hotel Group, The Australian Taxation Office, Australian Government Solicitors, The Australian Institute of Company Directors, Australian Information Industries Association, The Hyatt Hotel, Corporate Express, various Government Departments, The Australian Institute of Sport, to name a few.

The academy also styles and image consults, for politicians, TV stars, entertainers, high profile personalities, celebrities, models, actors and the everyday individual. The academy also provides a personalised shopping service as well as private tuition.

You will not only benefit personally and professionally from the program, you will also greatly enjoy a new level of confidence and self esteem - to celebrate this, you will receive a diploma to place in your CV. Many students have achieved career advancement with this added valuable tool. **The program is an excellent opportunity to update or fine-tune your personal and or professional image.**

### **The classes in this course are:**

**Personal hygiene and product knowledge** - the latest products available for impeccable grooming and image.

**Posture, deportment & body language** – posture for wardrobe presentation, walking, standing, sitting, functions, presentations, speeches etc.

**Hair care & styling** – style suitability, cut and colour consultation, correct use of products, styling ideas.

**Skincare** – understanding your skin type, changes in the skin, quick easy skincare techniques for the face and body.

**Make-up** – the art of makeup application, quick, easy simple techniques, contouring your face shape, hiding imperfections, choosing colours, casual, day, office, formal.

**Wardrobe co-ordination** – styles, shapes and colours to suit you. How to organise your wardrobe. Colours, accessorising, mix and match. Interchanging garments for casual to office.

**Business and social etiquette** – social skills, networking, table manners, giving dinner parties, business etiquette.

**Attitudes and human relations** – defining your good points, working on your weaker attributes. Creating new positive thought and belief patterns. Successful self-motivation and esteem building. Attitudes, reprogramming, understanding whom you are, your needs, desires, goal setting, **confidence**. Creating the total package – look good – feel fabulous.

## **What is required from you!**

You are about to embark on an exciting and challenging course, which should not only be educational but a lot of fun allowing you to develop new skills. Each day of the program **you will need to bring a notebook and pen.** The Academy will issue handouts throughout the course for future reference.

On day one we would like you to bring/wear something comfortable for analysing posture. Also if you have them, please bring along smooth soled shoes for walking classes.

At the Academy we prefer you do not buy anything new for the course, but utilise what you already have at home. Should you wish to purchase anything, we would suggest you discuss it with the teachers to ensure value for money and appropriate buying.

**Please find detailed below a list of items required for class;**

- A jacket for all walking classes (to learn to take on and off/hold etc.)
- High-heeled shoes if appropriate
- A pair of shoes you wear regularly (this assists in analysing posture.)
- Briefcase/handbag/ or a bag that you carry regularly
- Skincare and make-up  
(If you have these items bring them along, alternatively you will use the Academy products.)
- Various outfits (to be discussed - for Sunday wardrobing class.)

You may wish to bring snacks, lunch and a drink each day. Otherwise you can purchase food and beverage from the hotel. Reasonable prices and products have been set for our students. It is best to pre-order before the course commencement, please let us know your requirements.

It is possible for the students to participate in a lunch for etiquette classes. If the students would like to do this it would be at a fee of approximately \$35.00 per head. Please advise us via telephone call or on your registration form. Graduation and diploma presentation will take place amongst class members on completion of workshop.

**The course cost is \$660.00 GST included.** If you have already completed a program with The Lizzie Wagner Academy or you pay in full by the 6<sup>th</sup> of January 2010, the fee will be reduced to \$600.00. To complete your registration, please advise us by way of a telephone call and fill out the enclosed registration form and return it with your 50% deposit or full payment. Cheques and money orders are to be made payable to The Lizzie Wagner Group Pty Ltd T/A The Lizzie Wagner Academy. Please forward payment to P.O Box 4444 Kingston ACT 2604. **For more information please call on (02) 6299 8328.**

**The telephone contact number during workshop hours is 0412 098 435.**

**We look forward to seeing you there! Until then take care,**

**KELSEY PADJEN**

Principal

**The Lizzie Wagner Academy**

The Lizzie Wagner Group Pty Ltd

A deposit of 50% is required to secure all bookings. Balance is payable on commencement of program, (Unless alternative arrangements have been made.) Deposits are non-refundable but if the student is unable to attend the deposit can be transferred to other classes or workshops of the same value.

***Pamper yourself and enjoy a new and improved image. Better your chances in the workforce and or socially.  
The Lizzie Wagner Academy – More than just face value!***

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