

# **JO ANDERSON MODEL & TALENT, LLC.**

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## **Teenage Professional Development**

It's definitely not easy being the parent of a teenager! With our current fast paced world, parental influence has been replaced by peer pressure and abundant online platforms. It's natural to feel overwhelmed and it's exactly why we developed our teen professional development program.

This course was created to give teenagers the social skills they need to help them become confident and self-assured young adults, with the skill set to cope and excel in any social or academic situation.

### **1. Presentation**

- Knowing how to present yourself is key. 85% of why a person gets ahead is related to social skills. In this class teens will learn the essential skills they need to confidently and comfortably present themselves and navigate social and professional situations.

### **2. Professional and Social Etiquette**

- This fun, interactive class will cover introductions and handshakes, confident body language, digital diplomacy (cell phones, email, texting and social media), conversation skills, as well as table manners and etiquette.

### **3. Leadership and Teleprompter Training** (“speaking out not down”)

- This class is designed to empower teens, high school and college students to develop strong speaking and presentation skills that will prepare them for the future.

### **4. Fitness**

- It doesn't matter if your teen is involved in sports or not – this class will educate and explore the benefits of fitness and nutrition. Topics such as mindfulness, stress reduction, nutrition, balance, and dynamic moves for maximum impact.

### **5. Skin Care and Makeup**

- Teen skin can be unpredictable, add a busy schedule and proper skin care can get overlooked. This class is designed to breakdown skin care myths; and teaches you're your teen how to take care of their skin *and* offer a makeup lesson.

### **6. Interview/Audition Preparation**

- Whether for school admissions, employment in business or entertainment, you'll have to “ace” the interviewing/auditioning process. This training class is designed to give you the skills and the tools to make you stand out above the rest.

*Coach: Anne Winkelman –Anne is a certified teacher, model, actress, and instructor for Jo Anderson's children's workshops and teen and adult modeling classes.*

**TOTAL COST FOR THE 6 WEEK PROGRAM \$550.00**

**Requires a \$190.00 deposit, balance of \$360.00 payable  
@ \$60.00 per week for 6 weeks!**