

IN GOOD COMPANY



Etiquette Academy and Finishing School

WHAT'S YOUR SOCIAL IQ?

Research Shows Social Skills are Essential

HEY MR. NICE GUY

Boys Need Manners Too!

LE PETIT GATEAU

Beautiful Paris Party Treats
by SugarBlooms & Cakes

STRAIGHT TO THE TOP OF THE CLASS

Etiquette Lessons Offer Style
and Substance

AMAZING GRACE

Find Your Real Beauty –
Real Beauty Boot Camp

CONFIDENCE IS COOL

Summer Camps

RING AROUND THE ROSIE...

Social Club for Girls ages 5-10

www.ingoodcompanyetiquette.com

What is Your Social IQ?

Recent research out of Harvard University suggests that because our long-term success in work and in life is 85% dependant on our “soft skills”, we would all be wise to make sure we are socially competent.

Does your professional image need a little polishing?

Boost your social savvy and learn to project credibility and competency through your professional image by attending the **Civility Experts Certificate in Social Competence for Business Professionals**®.

Join Canada’s leading civility expert Lew Bayer for a 2-day crash course in civility, corporate courtesies, social intelligence and modern manners.

This comprehensive and intensive 2-day course will be delivered in Winnipeg on the following dates in 2014:

- May 6 & 7
- September 24 & 25
- November 20 & 21

This session is perfect for:

- Graduates entering the workforce
- Workplace supervisors or managers who need to set an example for others
- Employees transitioning to leadership positions
- Human resources and/or workplace trainers looking for new training tools

Topics covered include:

- What is civility and why should you care about it?
- Understanding trends and influences that define modern manners in the workplace
- Behaviors that are respected and respected in business settings
- Successful networking and dining etiquette skills that will get you noticed



Lew Bayer, Founder & Director IGC

- How to present credibility and confidence through your professional image
- The nuances of effective communication considering: technology, diversity, and office politics

You will leave the session being better able to:

- Be “etiquette-wise” and avoid social and business faux pas that can cost your reputation
- Exhibit high personal standards and lead by example
- Navigate sticky situations related to rudeness and incivility in the workplace
- Feel confident in a variety of business and social settings
- Leverage your social savvy and be more socially competent

Attendees receive a Level 1 **Certificate in Social Competence for Business Professionals**®, a workshop handbook including tip sheets, lunch on Day 1 and a 4 course Dining Etiquette Luncheon Tutorial on Day 2 is included. All attendees will also receive a copy of **The Power of Civility book** and a \$100.00 Credit Voucher for future training sessions with Civility Experts Worldwide. Regular fee is \$1150.00 plus GST – early bird registrants who pay in full pay only \$695.00 plus \$45.00 GST.



Book parties or register for classes now!

Register at www.ingoodcompanyetiquette.com

Hey Mr. Nice Guy

NEW Manners Make the Man – Social Smarts for Young Men Ages 8 to 13

As young men make their way in the world, knowing how to behave in different situations and learning good manners can build confidence. And CONFIDENCE IS COOL! Social competence is a skill young men are never too young to learn and never too old to use. Research out of Harvard University shows that social skills account for up to 85% of long-term success—in just a few hours young men will gain knowledge and skills that will benefit them ongoing—in work, and other aspects of their lives. Lessons are interactive and fun. Instructors are members of the Civility Experts Worldwide team, Canada's leading experts for over 15 years.

Classes are conducted over six weeks, materials and refreshments are included. We will cover topics such as:

- how to convey confidence
- why manners matter
- how to leave a positive first impression
- tips for personal hygiene, posture, and body language
- the art of conversation
- communication habits that show and earn, respect
- situational etiquette; dining, parties, sports events, and more....

Wednesday nights 6:30–8 pm at 192 Tache
Spring Session: April 16–June 4
Fall Session: October 8–November 26
\$149.00 per person plus tax to register.
Register with a friend, cousin or brother
and you each pay JUST \$99.00.

Visit www.ingoodcompanyetiquette.com

Oh la la...

Le Petit Gateau – Beautiful Treats by SugarBlooms & Cakes

"Ooh La La - Paris Theme Party" (Suitable for ages 5-18)

Our Coco Chanel inspired space (Black and White with Pink and Sparkle) is just large enough to accommodate up to 10 party guests including the guest of honor, plus a maximum of two adults to celebrate in style. Once you've booked your party, we take care of everything else! Your party is "planned" to follow an "Afternoon in Paris" agenda which includes:

- A party host - to direct your guests through the activities, give etiquette tips, and help make the party perfect.
- A visit to the "Mademoiselle Salon" - touch up your make-up and get your hair done in a pretty French twist held with rhinestone and pearl pins, or choose an Audrey Hepburn inspired up-do style complete with tiara instead (guests may take home the hair accessories).
- Next - it's off to the "Coco Room" to put on your pearls, boas, and gloves, and pose for a few photos with your family and friends.
- Then, it's time for a trip to "Le Petit Gateau" where you will enjoy some beautiful sweet treats and a custom-made cake (visit our photo gallery to view our custom, signature cake made special for **In Good Company** by Sugarblooms and Cakes) while you gaze at the Eiffel tower - ahhh Paris!
- And what party would be complete without presents? Move over to the "Rosebud Room" to celebrate and open gifts with the party girl. Don't forget to stop by the signature "Pink Candy Buffet" where you and your friends can each choose some goodies to take home.

Visit us @ www.InGoodCompanyEtiquette.com
to book your party.



Etiquette lessons offer style and substance.

Please visit www.ingoodcompanyetiquette.com to see fees and to register

SPRING 2014		
COURSE	DATE	TIME
Little Miss Manners (Ages 5-8)	Apr 12, 26; May 3, 10, 17, 24, 31; Jun 7	10:00 - 11:00 am
Come and Go Graduation Tea	June 14	1:00 - 3:00 pm
Real Beauty Boot Camp (Ages 12-15)	Jul 24-26 or Aug 7-9	5:00 - 9:00 pm, 9:00 am to 5:00 pm, 10:00 am to 4:00 pm
Mr. Nice Guy - Manners for Boys (Ages 9-13)	Wednesdays: Apr 16, 23, 30; May 7, 14, 21, 29; Jun 4	6:30 - 9:00 pm
Real Beauty Boot Camp (Ages 12-15)	Jun 20 to 22	5:00 - 9:00 pm, 9:00 am to 5:00 pm, 10:00 am to 4:00 pm

SUMMER 2014		
COURSE	DATE	TIME
Every Girl Can Confidence Camp (Ages 8-13)	Jul 14-18	9:00 am to 4:30 pm, M-F
On The Move Leadership (Ages 14-18)	Aug 28-30	9:00 am to 4:30 pm, M-F
Courtesy Camp for Boys and Girls (Ages 5-8)	Aug 17-23	9:00 am to 4:30 pm, M-F
Real Beauty Boot Camp (Ages 12-15)	Jul 24-26 or Aug 7-9	5:00 - 9:00 pm, 9:00 am to 5:00 pm, 10:00 am to 4:00 pm

FALL 2014		
COURSE	DATE	TIME
Mr. Nice Guy - Manners for Boys (Ages 8-13)	Wednesdays: Oct 8, 15, 22, 29; Nov 5, 12	6:30 - 8:00 pm
Little Miss Manners (Age 5-8)	Saturdays: Oct 4, 11, 18, 25; Nov 1, 15, 22, 29	10:00 am to 11:00 am
Every Girl Can (Ages 9-13)	Tuesdays: Sept 23, 30; Oct 7, 14, 21, 28; Nov 4, 11	5:30 pm to 6:30 pm
Finishing School (Ages 14-16)	Tuesdays: Sept 23, 30; Oct 7, 14, 21, 28; Nov 4, 11	7:00 pm to 9:00 pm
On The Move Leadership (Ages 14-18)	Oct 2, 9, 16, 23, 30; Nov 6, 13, 20	6:00 pm to 8:00 pm
Real Beauty Boot Camp (Ages 12-15)	Sept 26-28 or Nov 7-9	5:00 - 9:00 pm, 9:00 am to 5:00 pm, 10:00 am to 4:00 pm
Rosebud Club (Girls Ages 5-10)	Saturdays: Nov 1 to Jan 31	4:00 to 5:30 pm

SPRING 2014		
COURSE	DATE	TIME
Sticky Situations - Social Savvy (Ages 18-25)	Thursdays: Apr 10, 17, 24; May 1	6:30 pm to 8:00 pm
Social IQ	Apr 23 or May 21	9:30 am to 4:30 pm
Executive Finishing School	May 6 and 7	9:30 am to 4:30 pm
Move over Martha Stewart - Manageable Manners for Modern Women	May 22/23; Oct 9/10; or Dec 10/11	9:30 am to 3:00 pm
Manners on the Menu Dining Etiquette	May 22, 29 or Jun 5	6:30 to 9:30 pm

FALL 2014		
COURSE	DATE	TIME
HighStyle Image	Wednesdays: Oct 1, 8, 15, 22, 29 or Nov 5, 12, 19, 26; Dec 3	10:00 am to 3:00 pm
Manners on the Menu Dining Etiquette	Sept 18 or Dec 4	6:30 pm to 9:30 pm
Executive Finishing School	Sept 24/25 or Nov 20/21	9:00 am to 4:30 pm
Social IQ	Sept 17; Oct 24; or Dec 19	9:30 am to 4:30 pm
Move Over Martha Stewart - Manageable Manners for Modern Women	May 22/23; Oct 9/10; Dec 10/11	9:30 am to 3:00 pm



Ring Around The Rosie!

*Join the
Rosebud
Club!*

**Looking for something fun to do
with your friends this winter?**

**Join the Rosebud Club for Girls
Ages 5-10 for \$199/10 visits.
www.ingoodcompanyetiquette.com to register.**

Your membership enables you to attend 10 of 15 possible Saturdays plus 2 (two) FREE passes so you can invite a friend to join you at two events. Every Saturday we will engage in interesting activities, do crafts and build our conversation and social skills. What a great way to spend cold winter Saturday afternoons! Fee includes 2 (two) free passes so you can bring a sibling or friend. If that person joins, we will reduce your renewal by \$50.00. All supplies and refreshments included. You'll have fun making seasonal crafts, learning new things, and visiting with new friends.

November 1, 2014 thru to January 31, 2015

Classes run from 4:00 pm - 6:00 pm
every Saturday at 192 Tache, Winnipeg, MB

AMAZING GRACE

Find Your Real Beauty – Real Beauty Boot Camp

Confidence, striving to be your best, healthy habits, self-care, good grooming, careful communication, civility and courage... these are the elements of REAL beauty. **In Good Company Etiquette Academy** is pleased to offer REAL BEAUTY BOOTCAMP – for young ladies ages 12-15.

Choose from the following dates:

June 20-22 July 24-26
August 7-9 Sept. 26-28
Nov 7-9 Jan 9-11, 2015

Sessions are held at 192 Tache.

Day 1: 5:00 to 9:00 pm;
Day 2: 9:00 am to 5:00 pm, and
Day 3: 10:00 am to 4:00 pm

All materials, special gifts, refreshments, and certificate of completion are included. Lunch provided on both days.

Content covers 10 practical, interactive modules with special guest presenters including:

- **You Don't Know You're Beautiful?** Self-assessments and welcome to the program with Lew Bayer

- **Beauty Basics:** Putting your best face forward with beauty expert Shannon LeGrange
- **Confidence is Key:** 10 steps to being confident with Tara Crawford
- **Bright and Beautiful:** Special Presentation on how beauty and business mix with successful entrepreneur Michelle LaLonde from Tiber River Naturals
- **Public Speaking – Piece of Cake!** With Anna Echols, Good to Great Public Speaking
- **A Beautiful "Being":** Managing your mind, body and spirit – Yoga for beauty with Shawn Flaman
- **Brilliance in the Making – Creating your beautiful life:** Personal missions and goal setting with Julia Belford
- **Pretty is as Pretty Does:** Etiquette basics and how civility makes you pretty on the inside with Lew Bayer
- **I am Beautiful:** Presentations by session participants.

Visit www.ingoodcompanyetiquette.com to register

*Princess Grace – one of the
top 5 beauties of all time*

EVERY GIRL CAN Confidence Camp

July 14 to 18
Girls Ages 8-11
lunches included
\$249.00

Life can be exhausting and stressful for pre-tweens and tweenagers... fitting in and filling out, afraid to follow but to shy to lead, and making your way in the world while you're finding out who you are. BUT every girl can be confident. With a little encouragement, social skills development and practice in a supportive environment, girls ages 8-11 literally bloom. Over five days, girls will engage in games, and activities, short training sessions, and practice assignments. They will have fun, make new friends and acquire social skill that will build their confidence.

On the Move YOUTH LEADERSHIP CAMP

Offered as a 3 day course
August 28 to 30, or as an
8 week program on Thursdays,
October 2, 9, 16, 23, 30, Nov 13, 20
\$299.00
All materials are included

On the Move is a leadership and empowerment program for youth ages 14-18. The curriculum was designed to support leadership development and offers knowledge and practical tools that promote education, character building, and collaboration.

COURTESY CAMP FOR BOYS & GIRLS

(AGES 5-8)

August 18-22, 9:00 am to 4:30 pm
\$199.00

Bet you didn't know that manners can be fun!
Join us for Courtesy Camp this Summer Break
for five full days, jam-packed with games, crafts,
mini-lessons, songs, stories – and even a party. You
never know... you might even see a Burpasaurus
Rex there too!

VISIT
www.ingoodcompanyetiquette.com
to register.

TOXIC or Nourishing...

What Describes Your Workplace?

The costs of incivility to business are tangible, and they're measurable! Research shows that incivility costs North American businesses close to 100 billion a year. What is your organization doing, right now, to mitigate these costs?

Whether it's email rudeness, unprofessional dress, poor service attitude or ineffective communication skills, incivility at work creates a TOXIC workplace that directly impacts our self-esteem, our relationships, our health and our productivity. In a work-world where downsizing, recession, labour shortages, demographic and other issues are common, is it too much to expect people to mind their manners? Is there hope for common sense and civility at work? Bring along your toughest workplace civility issue and join Canada's leading civility expert Lew Bayer to learn about behavioural accountability, the costs of rudeness, and strategies for increasing civility at work.

After attending this half-day session, participants will be better able to:

- Define civility
- Assess the extent of incivility in their current workplace by complete the short form Organizational Civility Scale™ (mOCS)
- Recognize barriers to civility
- Understand the "business priority" and how it impacts civility at work
- Choose from 25 keys to civility to create a sample workplace civility code
- Identify toxic behaviours by assessing habits that can cost their reputation and the respect of others

This half-day session can be expanded to a full-day workshop. In the second half we will:

- Adopt strategies for addressing "in-character" and "inadvertent" incivility among co-workers
- Learn how to repair toxic relationships and build an atmosphere of mutual respect that helps retention and productivity
- Improve the balance of organizational conditions that facilitate or inhibit incivility
- Discuss steps to creating and implementing a formal Civility Initiative in your workplace

Training delivered by one of the experts at Civility Experts Worldwide www.civilityexperts.com – the leading experts on Civility in the Workplace for over 15 years.

TO BOOK A SESSION
contact
events@civilityexperts.com
or phone
204-996-4792



Children's Courtesy & Character Coach® Self-Study Train-the-Trainer

Self-Study Children's Courtesy & Character Coach® Train-the-Trainer Includes:

- 3 comprehensive ready-to-use Children's Etiquette Training Kits: Macaroni and please, Polite and Proud of It and Confidence is Cool. (Approximately 500 pages of lesson plans and resources.)
- Train the Trainer Workbook and "Getting started in the business of civility" coaching with Civility Experts Training lead.
- 12 month membership with the International Civility Trainers' Consortium (ICTC).
- Practice exam for ICTC certification and voucher valued at \$399 to challenge the exam when you are ready.
- Optional online/webinar training and coaching with international civility expert Lew Bayer.
- Up to 50% off additional trainer guides on Dining, Social IQ, Courtesy Camp and more.
- Optional add-ons for logo and website development as well as Personal Image Training.

ORDER NOW!
\$1,200.00 plus tax

**Register by May 31
and receive
complimentary copies of
*Beware the
Tablemonsters* e-book
and *The Power of
Civility* e-book.**

**Email us at
events@civilityexperts.com**



Go With The Flow

"Just start...it doesn't matter what your fitness level is, and you don't have to take on all the elements of a healthy lifestyle at once", says Shawn Flaman. "Yoga is for everyone, and with just a few postures, even 10 minutes a day, you will see benefits that go beyond flexibility." In Good Company Etiquette Academy is pleased to partner with Shawn Flaman, Founder of Your Yoga, to offer EVERY GIRL CAN BE STRONG, YOU AND ME YOGA, and GO WITH THE FLOW LADIES YOGA classes at 192 Tache, Visit www.ingoodcompanyetiquette.com for schedules and registration information.



Shawn Flaman is a Registered Yoga Teacher (RYT) through Yoga Alliance, completing her 200 hour yoga teacher training with YogaFit, the largest yoga teacher training program in North America. She has been teaching yoga for five years and is continuing her studies toward her 500 hour certification with a focus in Yoga Therapy.

EVERY GIRL CAN BE STRONG (9-13)

It's never too soon to start healthy habits. As early as age 9, young women can benefit by learning how to manage stress and emotions. Yoga is a fun and easy way to build confidence and keep your body and mind healthy-habits you can use your whole life. Join us for this 8 week session as we explore all the benefits of a regular yoga practice. Please bring a yoga mat and dress comfortably. REGISTER with a friend, or register for Every Girl Can Confidence Camp or Etiquette Classes as well as yoga and will receive 10% off registration fees.

YOU AND ME YOGA for TWO

When life gets busy and stressful, isn't it nice to have an older sister, your mom, your grandmother, or even an auntie to hang out with or go to for support? A true bonding experience, this class is designed for Moms and daughters, or Aunts and nieces, Grandmas and granddaughters – any combination of female adult and young lady. The younger partner should be 9 years or older. Please bring a yoga mat and dress comfortably.

GO WITH THE FLOW: Yoga for Ladies

Join certified Yoga Instructor Shawn Flaman for a gentle flow class suitable for beginners as well as experienced yogis. The small, intimate class size allows for interaction between the teacher and students. This individual attention means everyone can do yoga at her own level. If you are intimidated by yoga, this class will help you build confidence and learn in a small, safe environment.

EVERY GIRL CAN YOGA (ages 9-13)

Monday 6:00 pm – 7:00 pm
Begins April 21 \$100 for 8 week session OR Saturday 12:30 pm–1:30 pm April 26
\$100 for 8 weeks

ME AND YOU YOGA FOR 2

Saturdays (8) beginning
April 26, 2:00 pm–3:00 pm \$180.00 per couple

GO WITH THE FLOW

(Women of all ages)
Monday 7:30–8:30 pm
Winter Session begins February 24
Spring Session begins April 21
\$100 for 8 week session



**Podium Protocol –
Good to Great
Public Speaking.
Contact us for details.**



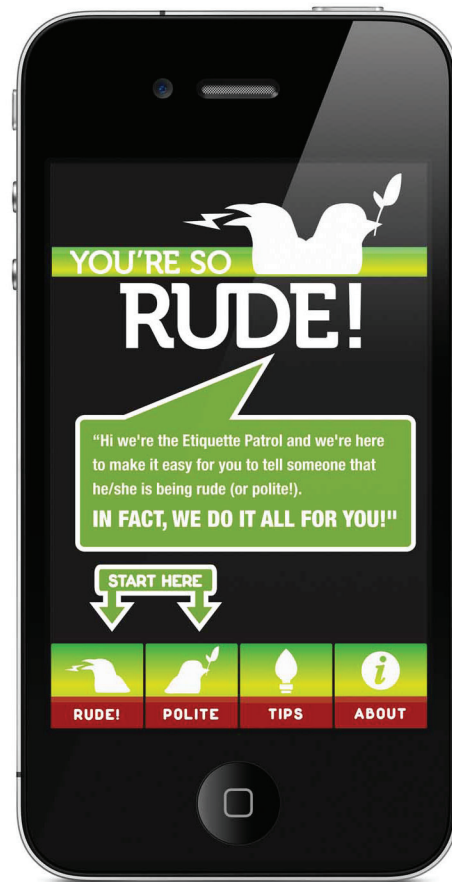
In Good Company is pleased to Partner with Beauty Expert Shannon LeGrange to offer one-of-a-kind beauty consultations, lessons, and Oh la la Beauty Parties featuring Bourjois Paris – an exclusive line of luxury cosmetics from France. Book today!
www.ingoodcompanyetiquette.com

Get the girls together and book a Manners & Manicures party, maximum 8 girls, 1.5 hours in our Paris-themed party room. Each girl gets a signature mini-manicure, featuring Bloom by Tiber River, Social Savvy Etiquette Tips, Trip to the Pink Candy Bar, take-home samples, and custom-made Sweet Treats by SugarBlooms and Cakes!





In Good Company
Etiquette Academy & Finishing School



Gift Certificate

To: The Bearer

From: Lew Bayer - Founder/Director In Good Company

This Certificate entitles the bearer to:
\$100 off Executive Finishing School

Expiry Date: April 1, 2014

NO CASH VALUE

Redeem this voucher online using code EFS14 when you register