

Find Your

BRILLIANCE!

In Good Company Etiquette Academy is pleased to host the FIND YOUR BRILLIANCE sessions at 192 Tache, REGISTER at www.ingoodcompanyetiquette.com or contact Julia@brillianceinthemaking.com

Feeling like you're in a slump? Can't find your groove? Reconnect with yourself. Find your passion to see your purpose! Use your purpose to connect your confidence. Let me re-ignite our passion and connect you to your career.

Defining Brilliance within ourselves using PAC

What is PAC? Passion Personal Purpose

- Identifying Passion...How we feel now? Visuals or words
- What we want. It is personal... what are the barriers to identification?
- Identifying what makes our heart race. That one thing that shines in our inner self.
- What are the risks?
- Can we prioritize to create our purpose?

Adaptability Assess

- Define adaptability in our environment – professional or personal
- Coping mechanisms with change: unexplained change or planned change
- Assessing considerations about ourselves: ecological or efficiency – what can we live with!

Confidence Competency Connection

- Competencies examined – personal
- Connections and Brainstorming
- Confidence Sustaining

Using PAC, we will define and assess your competencies ensure your shine everyday with the brilliance already in you!

An idealist, Julia Belford has a gift for helping others find passion in their career and she often inspires them to grow as individuals and to fulfill their potential. Born in Montreal, Julia, the daughter of a debutant, was raised in Winnipeg as prairie girl. Over the past 30 years while finding her own roots, Julia has been able to share her experiences and wisdom through coaching, managing, and championing change. By helping others realize their potential and the many possibilities for their future, Julia's students and clients find their Brilliance in the Making!

Half-day session is \$170.00

11:00 am – 2:30 pm

Lunch and materials are included.

Dates are: May 9, June 13, July 11,

September 12 and NEW 2-day

Train the Trainer \$1,800.00 on

November 27 & 28, 2014



MOVE OVER MARTHA STEWART

Social Polish without the Pressure to be Perfect (for women ages 18+)

menu
wrinkle etiquette manners
standards second-guessing
makeover Martha perfection
reception self-esteem party
ideal wear

Life is simply too short to beat yourself up about not being perfect—but... there is something to be said for making an effort. Once you know what the expectations are for modern manners, and once you focus on the impact of civility—more so than worrying about having everything “just so”, you’ll find that being polished doesn’t have to be about pressure-filled perfection.

Topics we cover over 2 full-days include:

- Social Etiquette: different social occasions, weddings, funerals, dinner parties
- Gift giving
- Art of appreciation
- Dining etiquette- a 4 course dining tutorial is included
- Hosting etiquette
- Elements of Social IQ and Cultural Competence

Cost is \$499.00 plus tax

2-day session is offered on the following dates in 2014: May 22/23; Oct. 9/10 or Dec. 10/11

Register at www.ingoodcompanyetiquette.com or email pr@civilityexperts.com for more information.