

ONLINE TRAINING

MINDSET & MANNERS™ TEENAGERS COURSE



INDIA

GOOD MANNERS, ETIQUETTE AND
SOLID LIFE SKILLS WILL **PAVE THE
WAY** FOR **GREAT SUCCESS.**

— PHILIP SYKES

INTRODUCTION

The British School of Etiquette India offers trainings that includes the multi-cultural facets that give today's pre-teens, teenagers and young adults the competitive advantage in everyday life, at school and in their future careers.

A strong foundation in life skills builds confidence and social skills that directly contribute to young people's future success. Our MINDSET & MANNERS™ course aims to equip 12-18 year-olds with the tools to navigate any situation with confidence and poise.

A resilient mind set, strong communication skills and the ability to work as a team are vital in helping young people reach their professional and personal goals. Academic qualifications may get them the interview for their dream job but it is their so-called core skills that will enable them to thrive both in and out of the workplace.

This enjoyable and interactive online course is delivered via Skype or Zoom sessions and will set your teenager on the road to becoming an independent, self-assured and respectful young adult.

This programme is accredited by CPD and you will receive a certificate on completion of the course.

COURSE STRUCTURE

YOUR TRAINER: MR PHILIP SYKES

Philip Sykes is the UK's leading etiquette trainer and consultant with a global reputation for professional excellence. He has more than 25 years' experience of engaging with clients at the highest level to bring the transformational power of etiquette to the forefront of their business and personal lives.

FIRST IMPRESSIONS

Human beings are built to size each other up quickly. These first impressions are influenced by a number of factors, such as facial shape, vocal inflection, attractiveness, and general emotional state. It's important to be aware of how one comes across to others during a first meeting. Today's, youth needs to be able to stand out in a crowd and create a great first impression. Philip shall share the ways to make a great first impression and make your presence impactful.

MAKING CONVERSATION

Conversation is supposed to be an opportunity to meet someone new, bond over shared interests – feel the spark of connection. It's supposed to feel natural and flowing, where the right thing to say comes effortlessly. It's supposed to be anxiety free, where you can focus on connecting with the other person instead of worrying about how you're coming across. Philip shall share the skills and tools which are easy-to-apply and guide our teenagers to conversations that will help them master the principles that make conversations work.

UNCOMFORTABLE SITUATIONS

Uncomfortable situations are part of everyone's work life. Anxiety, nervousness, and trepidation—it happens to our children. They experience physical and psychological reactions that become roadblocks to completing their tasks or a hindrance on their thinking process. Philip shares the skills and tools to set goals and establish a clear vision; to guide them to remain strategic, thoughtful about the decisions they make, and be clear-headed always. Fear and uncomfortable situations don't get in their way. Philip further shares common circumstances that teenagers often come across, and gives his suggestions on how to deal with them in an appropriate way.

BODY LANGUAGE

The teen years are a time when children undergo great changes and transitions. Teenagers are testing their wings, so to speak, learning what it means to move from childhood to adulthood. Teenagers generally show most of the same body language as adults, but sometimes the non-verbal cues are more subtle or slightly skewed. Philip shares various body languages tips to enhance communication with teenagers. He helps your teenager master the art of non-verbal communication.

MOODS AFFECT YOUR MANNERS

Mood swings during adolescence are partially due to biology. Hormonal shifts that occur during puberty play a major role in the way teens think and feel. As teens mature, they commonly experience increased irritability, intense sadness, and frequent frustration due to the chemical changes occurring inside their brains. Philip shares the strategies and guides on how your teen should balance his/her emotions and behaviours.

EMOTIONAL INTELLIGENCE

Emotional Intelligence is highly important in a teen's development. There is considerable evidence pointing to its positive role in helping students deal with stress, develop healthy relationships, and handle the transitions facing them. Philip shares his fascinating research on Emotional Intelligence for teenagers—why it matters, and how to develop it. Then he shall elaborate on some different ways that teenagers can take this knowledge and use it in practice.

CONFIDENCE PERSISTENCE AND RESILIENCE

All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and shall mean differently to every child. We can't change the fact that they shall face challenges along the way. What we can do is give them the skills and tools so that these challenges will never break them. Philip shall teach the skills and tools to build their confidence, persistence and resilience.

GROWTH MIND SET VS FIXED MIND SET

How do you encourage a teenager to take ownership of their life? To put forth effort and work toward their goals, even when life gets challenging?

It starts by realizing your teen's brain is flexible and adaptable. And, with the right type of support and encouragement, he can learn new ways of thinking, adapt his study skills, and even plan for the future. Philip shares the helpful tips for teaching Teens the Growth Mind-set and how to be productive.

DURATION:

1 hour each
(4 Sessions)

INVESTMENT:

INR 18,500
plus 18% GST

CERTIFICATION:

The British School of Etiquette - Mindset & Manners
The Continuing Professional Development - CPD

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