



## MODULE-V

### Manners for children

- How to make introductions
- How to make conversation
- Deportment
- Magic words
- Telephone Etiquette
- How to behave in public places
- Table manners
- Use of cutlery including chopsticks

### Personalised Image consultation

- Personal Body shape analysis
- Personal colour analysis
- Creating a signature style
- Personal Grooming
- Dining Etiquette
- Wardrobe management
- MODULE-I + MODULE-II
- Personal Shopping (Optional)

## Sessions can be arranged for the below

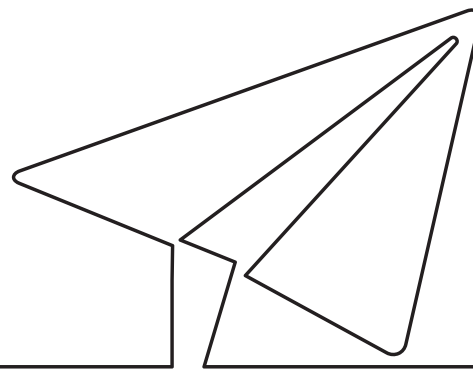
- ☞ Confidence building
- ☞ Motivation
- ☞ Anger Management
- ☞ Self healing

*Please contact for any further assistance*

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**SterlingStyleAcademy™**  
Master The Art Of Image, Fashion, And Style

**europrotocol®**  
The European School of Protocol

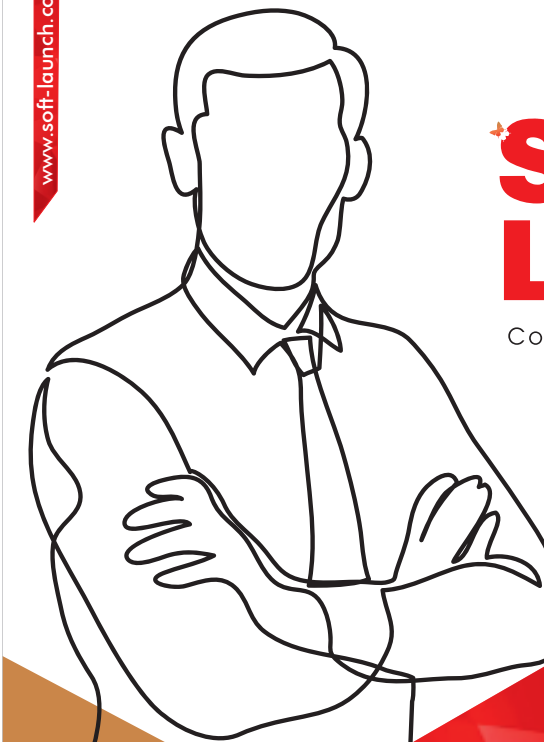
**BAC**  
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**SOFT LAUNCH**

Confidence & Etiquette For Every Day

BECAUSE  
A DEGREE IS  
NOT ENOUGH

Your Degree Has Prepared You For A Career;  
A Soft Launch Course Prepares You For Success.

## ABOUT SOFT LAUNCH

Success takes more than just a college degree. If you have to be a successful individual in life and career, you have to look and see like one; hear and talk like one and moreover, behave and influence like one. The importance of specialized training to prepare the gen next work force before entering their career sphere is recognized highly in the international job scenario.

Having a professional degree puts you on the starting block of the race, but to stay ahead in the cut-throat competition, you have to have the right temperament for it; and that's where Soft Launch comes in. It enhances your professional image, soft skills and quality of life and makes you a better person, individually and professionally.

Soft Launch is first of its kind professional grooming course in India that gives you an instant edge over your competition and makes sure that you are ready to make the right impressions.

Soft Launch is a brain-child of Ms. Arunima Manwani. Arunima works with young professionals looking to elevate themselves in terms of their personal image, quality of life, personal appearance and aligning them with international standards of etiquette and couture. In an increasingly globalized world, it is her endeavor to bring the best of the world standards in tune with the evolving Indian eco system.



Ms. Arunima Manwani

Arunima is a certified image consultant and personal stylist from the Sterling Style Academy in Milan, Italy. She is a certified master trainer on International, Social and Diplomatic protocol and etiquette from the Europrotocol Brussels Belgium. She did her B.Com from H.R. College, Mumbai and also holds a degree in fashion design from B.D. Somani Institute of Art and Fashion Technology, Mumbai.



## MODULE-I

### Get Smart, Get noticed

- How to create a long lasting and positive impression -Introductions, Meetings and Greetings.
- Non verbal communication
- Appropriate body postures
- Networking
- Business card Etiquette
- Be a good conversationalist/ Business Correspondence
- Understand forms of dressing & what to wear when

## MODULE-II

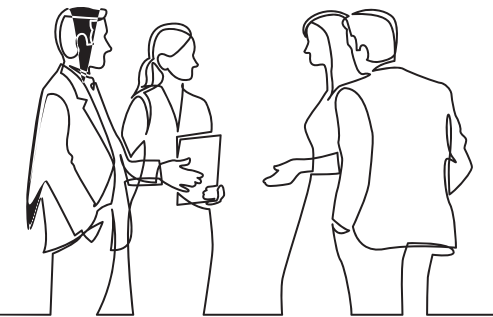
### How to create an Executive Image for professional success

- Understanding Psychology of colour
- Business formal dressing
- Business casual dressing
- Accessories
- Cluster concept of clothing
- Professional levels of dressing
- Personal Grooming
- Interview skills
- Etiquette at workplace
- Common Courtesies

## MODULE-III

### The fine art of dining

- Understanding styles of dining
- Understanding table settings
- Correct use of fork and knife/chopsticks
- Soup etiquette
- Table manners
- Knowledge of cuisines
- Secret service codes
- Wine etiquette & food pairings
- How to raise a toast
- High tea
- Knowledge of cuisines and eating preferences



## MODULE-IV

### For the lady in you

- Colour analysis
- Basic Makeup and skincare training
- Deportment
- Dressing for your body shape
- How to dress slim
- Accessories selection
- Wardrobe Organising
- Dress codes
- Wardrobe must haves
- Restaurant/Dining Etiquettes
- Travel Etiquettes
- Formal table setting
- Art of being good host/hostess

