

COURSE DETAILS

GROOMING AND IMAGE ENHANCEMENT

We Groom Talent

SHORT TERM SYLLABUS FOR PERSONALITY DEVELOPMENT CLASS TAILORED FOR ASPIRING ACTOR OR MODEL:

1: INTRODUCTION AND BUILDING CONFIDENCE

- ❖ Introduction to the course and its objectives.
- ❖ Self-awareness and self-assessment exercises.
- ❖ Techniques for boosting self-confidence and overcoming self-doubt.

2: EFFECTIVE COMMUNICATION SKILLS

- ❖ The role of communication skills in acting and modeling.
- ❖ Verbal and non-verbal communication.
- ❖ Active listening and empathetic communication.

3: PUBLIC SPEAKING AND VOCABULARY ENHANCEMENT

- ❖ Reading and discussing articles, scripts, or monologues.
- ❖ Pronunciation and diction improvement techniques.

4: BODY LANGUAGE AND EXPRESSION

- ❖ Mirror exercises for self-awareness of body movements.
- ❖ Using body language to convey emotions effectively.

5: STYLING AND GROOMING

- ❖ Identifying and enhancing personal style.
- ❖ Basic grooming, skincare, and hair care tips.
- ❖ Dressing for auditions, photoshoots, and events.

6: DIET AND FITNESS FOR ACTORS AND MODELS

- ❖ Understanding the role of diet and fitness in maintaining a camera-ready appearance.
- ❖ Balanced nutrition, hydration, and portion control.
- ❖ Basic workout routines for staying fit and healthy.
- ❖ Mental health awareness and stress management techniques.

NOTE: This program can be customized to focus on the weak points of individuals, providing tailored guidance for personal improvement