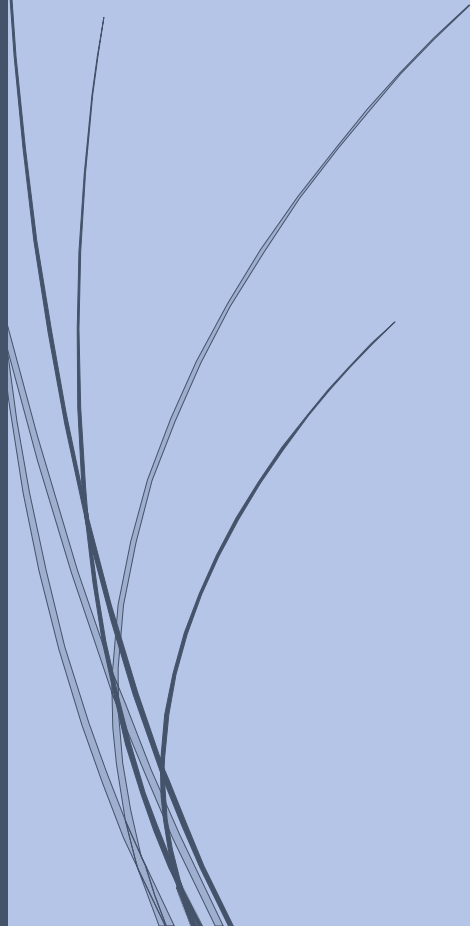**COURSE DETAILS**

GROOMING AND IMAGE ENHANCEMENT

We Groom Talent

15-day syllabus for a personality development class tailored for an aspiring actor and model:

DAY 1-3: INTRODUCTION AND BUILDING CONFIDENCE

- ❖ Introduction to the course and its objectives.
- ❖ Understanding the importance of confidence in the entertainment industry.
- ❖ Self-awareness and self-assessment exercises.
- ❖ Techniques for boosting self-confidence and overcoming self-doubt.

DAY 4-5: EFFECTIVE COMMUNICATION SKILLS

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

DAY 6-7: ENGLISH SPEAKING AND VOCABULARY ENHANCEMENT

- ❖ Importance of fluent English for acting and modeling.
- ❖ Vocabulary-building exercises and word usage.
- ❖ Reading and discussing articles, scripts, or monologues.
- ❖ Pronunciation and diction improvement techniques.

DAY 8-9: VOICE MODULATION AND PUBLIC SPEAKING

- ❖ Understanding the significance of voice modulation for acting.
- ❖ Breathing exercises and vocal warm-ups.
- ❖ Pitch, tone, pace, and volume modulation.
- ❖ Introduction to public speaking and delivering monologues.

DAY 10-11: BODY LANGUAGE AND EXPRESSION

❖ Analyzing body language and gestures.

❖ Practicing natural and expressive body language.

❖ Mirror exercises for self-awareness of body movements.

❖ Using body language to convey emotions effectively.

DAY 12-13: STYLING AND GROOMING

❖ The importance of personal style in the entertainment industry.

❖ Identifying and enhancing personal style.

❖ Basic grooming, skincare, and hair care tips.

❖ Dressing for auditions, photoshoots, and events.

DAY 14-15: 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.