

1 MONTH INTENSIVE PERSONALITY DEVELOPMENT SYLLABUS FOR ASPIRING ACTOR AND MODEL:

WEEK 1: FOUNDATION OF PERSONAL DEVELOPMENT

DAY 1-3:

- ❖ Introduction to Personality Development: Importance and Goals
- ❖ Self-awareness and Self-assessment: Identifying strengths, weaknesses, and areas for improvement
- ❖ Setting SMART Goals: Aligning personal and professional aspirations

DAY 4-7:

- ❖ Confidence Building: Techniques for boosting self-confidence
- ❖ Positive Thinking and Mindset: Cultivating a positive outlook on life
- ❖ Time Management and Productivity: Effective ways to manage time and tasks

WEEK 2: COMMUNICATION SKILLS ENHANCEMENT

DAY 8-10:

- ❖ Effective Communication: Verbal and non-verbal aspects
- ❖ Active Listening: Skills to understand and respond effectively
- ❖ Developing Empathy: Connecting with others on a deeper level

DAY 11-14:

- ❖ English Speaking Proficiency: Improving vocabulary, grammar, and fluency
- ❖ Articulation and Pronunciation: Techniques for clearer speech
- ❖ Vocabulary Enrichment: Learning industry-specific terminology

WEEK 3: VOICE MODULATION AND PUBLIC SPEAKING

DAY 15-17:

- ❖ Voice Modulation: Techniques to vary pitch, pace, tone, and volume
- ❖ Breathing and Projection: Exercises for strong and clear vocal delivery

DAY 18-21:

- ❖ Public Speaking Skills: Overcoming stage fright and delivering impactful speeches
- ❖ Storytelling Techniques: Engaging an audience through compelling narratives

WEEK 4: BODY LANGUAGE AND STYLING

DAY 22-24:

- ❖ Body Language Awareness: Interpreting and using non-verbal cues effectively
- ❖ Posture and Gesture: Presenting oneself confidently through body language

DAY 25-27:

- ❖ Styling and Grooming: Understanding fashion trends and personal style
- ❖ Wardrobe Selection: Dressing for auditions, events, and shoots

WEEK 5: DIET AND FITNESS FOR MODELS AND ACTORS

DAY 28-30:

- ❖ Balanced Diet: Importance of nutrition for physical and mental well-being
- ❖ Hydration and Skincare: Maintaining a healthy complexion and appearance
- ❖ Fitness Routine: Tailoring exercises to enhance stamina, flexibility, and posture

Throughout the 30 days, we incorporate practical exercises, role-playing sessions, and individual feedback to ensure holistic learning and application. We encourage the participant to set personal targets and monitor progress regularly. At the end of the program, we conduct a mock audition or photoshoot to showcase the participant's growth and development.