

# **Mount Vernon Institute of Modeling and Etiquette**

**(4-Week Course)**

## **Session 1: First Impressions**

Interview: Introductions – Handshaking – Eye contact – Body language  
Making an entrance – Audition techniques

Speech: Pronunciation/ Enunciation/ Projection – Small talk –  
Conversational skills

## **Session 2: Model Techniques I**

Basics: How to stand – The graceful walk – Model walk – Model stance  
Posture – Poise – Presence – Confidence - Hand positions

Turns: ¼, ½, Full/ Dior, American and European turns, Chanel

## **Session 3: Model Techniques II**

Advanced: Passing – Doubles – Groups – Tandem – Posing – Pivoting –  
Facial expressions – Walking with attitude – Accessories –  
Human hanger – Entrances/Exits

Portfolio: Resume writing – Business cards – Composite cards – Photos

## **Session 4: Appearance (Beauty from the inside out)**

Make-up: Professional & Casual settings – Make-up application –  
Color - Do's & Don'ts – Skin care

Hair: Professional & Casual settings – Styling – Do's & Don'ts

Dress: Wardrobe inventory – Use of color, structure, detail – Tying  
a tie – Accessories

Grooming: Nail care – Scents – Polished persona – Body maintenance

*All Sessions Subject to Change*