

Mount Vernon Institute of Modeling and Etiquette

(8-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

Session 5: Strength & Balance

Exercise: Cardio – Toning – Core exercises – Weight training
Diet: Eating the right foods – Portion control – Food pyramid

Session 6: Etiquette & Manners

Attitude: Posture – Confidence – Table manners – Silverware savvy –
Place settings – Napkin etiquette – Ordering food – Tipping –
Common courtesies – Table conversation – Handling accident
How to host – Body language – Cell phone etiquette –
Public transportation manners

Session 7: Photography & Model Techniques III

Headshots and Fashion Shots

Session 8: Graduation

Charity - 5-Course Dinner - Fashion Show - Model Agent Visitor (TBD)

All Sessions Subject to Change