

Teen Beauty Fashion and Empowerment ...from the inside out!



CONFIDENCE-BUILDING PROGRAM

POISE AND MODELING WORKSHOP

Skincare, Nutrition and Fitness

Body Language - Poise

Teens Learn Runway Walking Techniques

*Will Explore Careers In The Fields of Beauty, Fashion, Skincare,
Hair, Fitness and Nutrition*

*Sororities and Fraternities "Belonging To The Right
Organization"*

*Commencing With A Fashion Show, Makeovers, Personal Style
and Barbering Hair Show Presentation.*

Confidence Building Skills

Join us for this exciting, fashionable and informative program workshop...beauty from the inside out! This fun-filled program is designed to raise self-esteem, expectations, social skills and overall confidence. We'll cover body language and what it says to others about us, in-conjunction with poise and posture exercises, social etiquette and runway techniques.

Guest professionals will uncover how skin care, fitness and nutrition plays a major role in "being beautiful." Trendy teen makeovers will demonstrate how a girl can be stylish without emulating music videos.

Our youth are inundated with media that celebrates and promotes sexual images that objectify women, using dress as a means to convey gratuitous sexual messages. Teens will discuss what is personal style and how to achieve it, along with the appropriate dress attire from day to evening, job interviews to weekend wear, also interviewing skills and power introductions.

www.fineandfabulous.com

About Us

We use the power of art and empowerment to reach individuals. Our teens are in crisis and our youth program facilitators and instructors are a consortium of talented, passionate and experienced professionals dedicated to helping to make a difference. Many are in his or her twenties and realize what today's youth face in terms of peer pressure, negative media images, low self-confidence and esteem. They're eager to demonstrate through sharing personal and professional experience and mentoring that set-backs, unfortunate circumstances and a lack of motivation doesn't have to dictate one's life. We instill hope and provide viable paths for self-sufficiency, happiness and living the American dream. We bring this program to your center or school as an after-school or Saturday program. The results are invaluable and life-changing!

Alicia Sanders - Event Planner and Executive Director

What will teens be doing?

Youth will participate in a confidence-building workshop culminating with teen fashion show and beauty and empowerment presentation, the clothes will be provided. We'll have a fun photo-shoot/video for lasting memories and impact. Teens learn how to walk a runway, pose for professional photos, receive makeovers, mentoring, how to make positive first impressions.

Why?

To help our youth build confidence skills
Prepare teens for job interviews and job readiness
Explore careers within the beauty and fashion industry

What do teens need to bring:

Comfortable shoes with a heel to learn runway walking and poise.
A willingness to participate and to help us make this program a success!

Changing lives, lifting expectations, living out dreams...

Contact Us Today!

(312) 543-4017 or email me @ alicia@fineandfabulous.com

Arts and Empowerment

Poise

Body Language

Personal Style and Image

Modeling

Social Skills

Confidence

Cultural Enrichment

Job Readiness

Success

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