



SOCIAL ETIQUETTE COACHING COURSE

ASSET COACHING PROGRAM

Course Title: SOCIAL ETIQUETTE COACHING COURSE

Course Duration: 1 month

Sessions: 8 (2 sessions per week)

Session Duration: 1 hour 30 minutes

COURSE DESCRIPTION:

The Social Etiquette Coaching Course is designed to shape the character of young individuals, providing them with the necessary knowledge and skills to navigate social situations with confidence, respect, and integrity. Through interactive sessions, participants will explore various aspects of social etiquette, including verbal and non-verbal communication, table manners, personal grooming, and social media etiquette. The course aims to empower students to become well-rounded and socially responsible individuals.

COURSE OBJECTIVES:

1. To develop an understanding of the importance of social etiquette in personal and professional spheres.
2. To cultivate effective verbal and non-verbal communication skills for improved social interactions.
3. To enhance self-confidence and self-awareness in various social settings.
4. To promote respect, empathy, and inclusivity towards diverse individuals and cultures.
5. To establish proper table manners and dining etiquette for formal and informal occasions.
6. To educate participants on personal grooming standards and hygiene practices.
7. To create awareness about the appropriate use of social media and online etiquette.
8. To foster a sense of social responsibility and ethical behavior in young lives.

SESSION IN DETIAL

Session 1: Introduction to Social Etiquette (1 hour 30 minutes)

- Importance of social etiquette in personal and professional life
- Basic principles of good manners and respect for others
- Building self-confidence in social situations

Session 2: Verbal Communication Skills (1 hour 30 minutes)

- Effective communication techniques – active listening, speaking clearly, and expressing oneself.
- Developing great public speaking skills
- Non-verbal communication cues – body language, eye contact, and facial expressions
- Role-plays and activities to practice effective verbal communication

Session 3: Non-Verbal Communication Skills (1 hour 30 minutes)

- The impact of body language on social interactions
- Understanding non-verbal cues and their interpretations
- Developing awareness of personal non-verbal communication habits

Session 4: Dining Etiquette (1 hour 30 minutes)

- Proper table manners in formal and informal dining settings
- Use of cutlery, napkin etiquette, and appropriate behavior during meals
- Role-playing scenarios to practice dining etiquette

Session 5: Personal Grooming and Hygiene (1 hour 30 minutes)

- Importance of personal grooming in creating a positive first impression
- Appropriate attire and grooming standards for different occasions

- Developing personal style based on body type, preferences, and societal norms
- Practical exercises to enhance participants' understanding of dressing appropriately
- Sustaining personal hygiene practices

Session 6: Social Media Etiquette (1 hour 30 minutes)

- Responsible use of social media and digital communication platforms
- Privacy concerns and online safety measures
- Promoting positive interactions and digital citizenship

Session 7: Respect for Diversity and Inclusivity (1 hour 30 minutes)

- Appreciating and embracing cultural differences
- Practicing empathy, respect, and inclusivity towards others
- Addressing stereotypes and prejudice

Session 8: Social Responsibility and Ethical Behavior (1 hour 30 minutes)

- Developing a sense of social responsibility and giving back to the community
- Ethical decision-making and moral values in social situations
- Action planning for responsible and ethical behavior

Course Materials:

- Slide presentations and handouts featuring key etiquette principles and guidelines
- Relevant multimedia resources showcasing examples of proper social behavior
- Additional reading materials and recommended resources for further exploration.

Course Facilitator:

The course facilitator will possess expertise in social etiquette, preferably with a background in sociology, psychology, or related fields. The facilitator will create a positive and inclusive learning environment, facilitating discussions, and providing constructive feedback to participants.

Course Delivery

Each session will involve a combination of interactive lectures, group discussions, role-plays, and practical activities to ensure active participation and engagement.

Certification:

Upon successful completion of the course, participants will receive a certificate of achievement in Social Etiquette Coaching, acknowledging their commitment to personal growth and the development of essential social skills.

Note: *The course outline can be adapted and customized based on the target audience's age, cultural background, and specific requirements.*

