

Presentations include:

How to Master the Art of Being Poised

A transformative journey

Participants learn how to elevate their presence and navigate life—guided by insightful “etiquette” techniques, which radiate elegance in every interaction. Learn how to open doors while commanding attention and admiration in a poised and magnetic manner.

- Navigating any room with confidence and style
- Becoming the sought after-business partner
- Being present and presentable - an essential skillset
- Having inner calm for demanding situations
- Unveiling elegance in interactions
- Cultivating grace under pressure
- Showing social elegance through impeccable etiquette
- Having poised confidence through self-awareness

How to Deliver Polished Messages

Conveying your ideas with finesse

Participants learn how to use subtle etiquette skills to captivate and connect through eloquent communication—honing their ability to convey ideas seamlessly. Then, execute the skills to deliver messages with finesse, commanding attention and ensuring their words resonate in a polished and memorable manner.

- Being clear and concise with your messages
- Being engaged with the use of effective eye contact
- Using your word choice effectively
- Engaging with compelling storytelling skills
- Crafting impactful, structured messages
- Using language finesse for resonance
- The art of conversation with young adults, including children

How to Make Your Image Glow

Leave positive lasting impressions

Enhance your glowing presence and discover how impeccable etiquette techniques can transform perception, leaving a trail of positive lasting impressions. Embrace this journey and embark on a polished and professional lifestyle of success.

- Presenting your professional/social behaviors in style
- Dressing ... appropriateness of attire
- Enjoying any Gala in style, with confidence and ease
- Having impeccable grooming and a attractive appearance
- Creating a positive digital footprint with an authentic online presence
- Elevating your image through grooming
- Defining your style with wardrobe essentials
- Demonstrating a polished demeanor in every setting
- Using body language to radiate confidence



Be more confident, polished and poised in situations!

Create a great impression for yourself and your organization!

Call today to schedule Christine Ferrera!

Christine is available for individual and small group coaching, as well as public speaking engagements and training sessions.

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