

# Biocare Academy- lifestyle

## Corporate Styling session Programme



## Corporate Styling Sessions

What is a company if not a sum of its employees? The success of any establishment rests upon the happiness and productivity of its staff. At Biocare Academy, we help you discover ways to bring out the best in your team. How an individual presents himself and the way he /she communicates with the firm's clientele, reflects the credibility and reputation of any company. We offer a range of programs to suit your requirements.

**“Our team of professionals comprises of individuals with a sound knowledge of style, make-up techniques, body language and personal grooming to enhance your image.”**

We will ensure that the professionalism and presentation of your staff is unrivalled. From showing them how to look pristine to improving their posture, we will ensure that the professionalism and presentation of your staff is unrivalled. These sessions are not only designed for on a corporate level. Sessions can be tailor-made according to the individuals needs. Styling sessions include topics on skin care, colour coordination, your day make-up and style.

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### **DAY 1 : Personalised Styling Course – Ideal for both Males and Females**

#### **Style advice:**

Working in collaboration with Image Studio (Consultation bureau specialized in the personal presentation of women and men for business and private occasions based in Antwerp, Belgium), during this day the group will go through various styling sessions focusing on the harmonization of the staff's personal image with the company image.

The staff will get professional advice on how to dress up for work. It will help them express their individual sense of style, yet keeping it in line with corporate dress policy. The group will learn how to dress up using proper business attire, etiquette and style.

### **Day Programme :**

**8.30am – 9.00am :** Morning Coffee Break

**9.00am – 11.00am :**

**General Introduction:** Your corporate image and your Personal Image. What is your target and what image would you like to project? Which elements of your personal appearance can help you reach your target? How do you go about achieving your goal?

**Body Language :** The well dressed person wears clothes that a) Compliments their personality b) Compliments their colouring and body shape c) Are appropriate d) Are currently your clothes and should be considered as an extension to yourself.

**Colour and its use in business**

**11.00am -** Mid morning coffee Break

**11.30am – 1.00pm –** Workshop : Personal Colour advice

**1.00pm – 2.00pm :** Lunch Break

**2.00pm – 6.00pm :** Practical sessions ( including short breaks in between)

Personal Style ; Colour Combinations; Wardrobe

*Every participant needs to bring his/her work clothes and extras like scarfs/ ties/ bags and other accessories*

## **DAY2 : Personalised Styling Course - Day 2 For females only**

### **Make up sessions**

How would you like to find a make-up look that makes you feel very confident, that you can easily apply yourself? You will discover how to apply make-up like a professional so that you can reproduce the look yourself every day.

Picture yourself with flawless, glowing skin, seductive eyes, beautifully natural-looking sensuous lips and defined cheekbones!

It's our job to guide you to achieve the look you want – even if you are not entirely sure what that is yet. One thing is for sure: **you will be astounded by the results!** In collaboration with Eva garden Make- up, this 3 hour session will be addressed to the

females only. Our professional artists will teach them the daily make up that suits them best, the colours they should look for individually, how to make the eyes look brighter and other various techniques that help the individual look smarter at work.

Time : Times can be either from 9.00 – 12.00am OR 5.00pm- 8pm (*depending on the availability of the group*)