



GROOMED to GO Inc.

INSPIRING PEOPLE TO ACHIEVE THEIR GOALS

GROOMED TO GO

Every Client Succeeding for 2019

10.00am – 12.30pm

Program One	Program Two
August 15th Women Celebrating Me! Building Self Esteem	October 17th Women Celebrating Me! Building Self Esteem
August 22nd Women Dare to Shine	October 24th Women Dare to Shine
August 29th Men & Women Steps2employment	October 31st Men & Women Steps2employment
September 5th Men & Women Face2face	November 7th Men & Women Face2face
September 12th Men & Women Building Positive Workplace Relationships	November 14th Men & Women Building Positive Workplace Relationships

Bookings: <https://calendly.com/dfsmp-cc>

Call: 9770 0220

DELIVERING PROGRAMS FOR



DRESS FOR SUCCESS
SOUTH EAST MELBOURNE



SMART BLOKES



Program One – August 15th

Program Two – October 17th

Celebrating Me – Building Self Esteem

Barbara Barber, Tptc Grad Dip (family studies) and ACRC master clinician Australian College of Relationship Counsellors PACFA, has extensive experience in counseling and training both nationally and internationally.

Often we get in the way of our own success because we don't feel good about ourselves. Barb will help you discover how to identify attitudes and beliefs that are negative and not working for you. She will work with you to feel more positive about yourself and what you project to others. Going into an interview with a positive attitude and a positive opinion of yourself gets you half way there!

Program One – August 22nd

Program Two – October 24th

Dare to Shine – Image Styling

Julie Hyne, AICI CIC, is an established and highly regarded Professional Image Stylist with 10 years' industry experience.

Julie will use her many years of experience to explain the overall image that suits you best. She will cover makeup, outfits that suit your body shape and personal colourings with the aim to ensure you make a great first impression and SHINE. Arrive makeup free, bring your own makeup kit and be ready to have fun.

Program One – August 29th

Program Two – October 31st

steps2employment

Delivered by a highly experienced Groomed to Go volunteer.

This workshop covers the important first impressions you make to get that interview. From the initial stages of decoding a job advertisement, writing a relevant cover letter and making your resume stand out. These are the vital first steps to employment to ensure you get that all important interview!

Program One – September 5th

Program Two – November 7th

face2face

Delivered by a highly experienced Groomed to Go volunteer.

Coming face to face with the interviewer for that job can be daunting. In this workshop we will explore powerful interview techniques and work on tips to manage those nerves. We will talk about potential questions, how to best respond and how important body language can be in creating a positive first impression. Clients will have the option to be part of Mock interviews or to observe role plays.

Program One – September 12th

Program Two – November 14th

Building Positive Workplace Relationships

Barbara Barber, Tptc Grad Dip (family studies) and ACRC master clinician Australian College of Relationship Counsellors PACFA, has extensive experience in counselling and training both nationally and internationally.

Once you have your dream job, how do you develop positive workplace relationships? Let's face it work places are full of a range of diverse individuals and we are not going to get along with everyone, but how do we deal successfully with potential negative experiences? We will explore ways to navigate tricky situations with a little common sense and pre-emptive action.

