



grow o learn o develop
3 Hamilton Street, Craigieburn VIC 3064
p: 03 9305 5688 e: grow@bodyculture.com.au

10 Week Female Course Introduction

Personal development, self-image and attitude shape our personality and capacity for success. Body Culture helps young people aged 12 to 25 tap into their potential by providing a 10-week program that helps participants Grow, Learn and Develop practical life skills not readily taught in schools. Topics covered in the program include communication, leadership, teamwork, career planning, creative thinking, hair & beauty, exercise and much more.



The Grow, Learn & Develop Vision Communication and sharing ideas is the basis of the Grow-Learn-Develop philosophy. Body Culture provides participants with the skills to stay ahead and strive to be a stronger, more confident individual while facing the challenges of daily life.

Body Culture helps you to set goals and importantly, work towards achieving them.

Michelle & Cathy



Body Culture is the brainchild of Michelle Vescio and Cathy Vescio-Dibella who have spent many years working with young people and forging the Grow, Learn & Develop Philosophy.

Michelle Vescio (Salon Manager)

Working as a stylist with the Innovations salon for many years has earned Michelle a widespread reputation as an exciting hairdresser and valuable asset within her local community. Michelle has represented Indola Australia as winner of the 'Newcomer of the Year Award' in the United Kingdom. She continues to grow her interest in education as one of Indola's favourite guest speakers at training seminars, encouraging young and upcoming stylists to explore new and innovative ways to hone their skills.

Cathy Vescio-Dibella (Managing Director)

Cathy has operated the Innovation Hairdressing and Beauty Salon in the Melbourne suburb of Craigieburn since 1988 and has earned a reputation for being one of our leading hairstylists. Alongside Michelle Vescio, Cathy has led the Innovations team to success in the Hume Business of the Year awards for many years.

Working in the hair and beauty industry has been Cathy's personal GLD path, providing her with the opportunity to Grow Learn and Develop many relationships both professionally and personally with people from all walks of life.



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Course Highlights

- Grow, Learn & Develop practical life skills not readily taught in schools like communication, leadership, teamwork, career planning, creative thinking, hair & beauty, exercise and much more.
- Learn how to foster the motivation and self-confidence to live life to the fullest.
- On completion receive a female beauty kit, certificate, personal reference letter and individual/group photo.

Course Outline



Body Culture's 10-week Grow, Learn & Develop Program will re-shape the direction of a participant's life in the most positive way imaginable. Small class sizes and a straightforward, personal style of education will leave participants motivated and ready to meet the challenges presented each day.

Week 1: Personal Development

Train your sights on dreams and hopes for a better, more positive future.

Week 2: Posture, Deportment & Body Language

Learn to enter a room with grace and make a positive first impression through confident self assured body language. Improve your posture faults and learn the art of positive body language.

Week 3 & 4: Beauty

Over two sessions gain an insight into caring for and dealing with potential problems which can surface on our skin. Learn the art of makeup application plus hair-removal/waxing techniques. A personalised beauty and makeup kit will be given to you as part of this course element.





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Week 5, 6 & 7: Personal Grooming

Hair care & Styling - Receive individual advice from our qualified hairdresser on how to achieve the most suitable style for your hair. Learn to manage your hair by understanding its composition.

Hand and Nail Care - Learn the art of trimming, buffing and polishing your nails.

Fashion/Wardrobe - Receive tailored advice on dressing on a budget plus mixing/matching and co-ordinating your wardrobe with flair.



Week 8: Diet & Exercise



Question how you eat and maintain your diet. Discover the role of good food in a dynamic, healthy lifestyle.

Week 9: Communication and Speech

Enhancement. Learn to make confident and interesting conversation and project your natural personality. Find out how to meet and greet and listen effectively.

Week 10: Course in Review

Receive your certificate of course completion and re-visit the Body Culture experience. Find out how your new-found knowledge can be used for personal and career success. Gather for a group photo shoot with your new friends and enjoy the interactive positive and motivating shared experience together.

MFBT Approved

Robyn Pollard (B. Bus., Grad Dip Ed., Dip. Qual Mgmt)

Is a business Coach and Director of Moving Forward & MFBT Pty Limited. Robyn brings more than 20 years experience as a trainer and course developer in private industry and the Tertiary Education sector. This course meets the MFBT P/L criteria as it:

- Empowers people to learn and develop
- Is well researched and based on solid up-to-date facts
- Challenges people to think about the way things are done
- Is very interactive training (not just boring theory)

"I encourage all teenagers who care about their future to take this course. It is something that is not taught in schools but so vital in helping our teenagers set the foundations for a successful life and career...Participants will certainly reshape the direction of their life in a very positive way and will also have a great time doing it"
Robyn Pollard

www.bodyculture.com.au



BODY CULTURE

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