



POISE & POSTURE

GIVEN BY: MRS. AIDA PLONTKE 386-801-6128

A 4-H Holiday Workshop

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December 19 – 21, 2011

9:00 a.m. – 4:00 p.m.

Ages: 12-18 years old

Cost: \$10.00

*Bring your own lunch.

*Make checks payable to "Volusia County 4-H."

*Payment can be made on site.

*Please sign up by 4:00 p.m. December 15, 2011

Volusia County Ag. Center

3100 E. New York Ave.

DeLand, FL 32724

386-822-5778

Contact: Lillian Wheeler



The Foundation for The Gator Nation
An Equal Opportunity Institution

Name: _____ Age: _____

Emergency Contact: _____

Emergency Contact Information (Phone and e-mail):

Are there any medical conditions we need to know about?

Outline for Teen Workshop for 4-H, December 19, 20, 21

December 19, 2011

9 a.m. - 4 p.m.

**LESSON 1: How to Build Your Self-Confidence
When You Speak in Front of Others**

**LESSON 2: How do You Look?
Take Ownership of Your Presence and Style**

**LESSON 3: Stand and Impress:
Carrying Yourself with Dignity**

December 20, 2011

LESSON 4: What to do When You Meet Someone New

**LESSON 5: Telephone Manners:
Reach Out and Touch Someone with Courtesy**

LESSON 6: Care, Converse, Communicate

December 21, 2011

LESSON 7: Manners Matter at the Table

LESSON 8: The Dining Experience: The Tools of the Trade