



Urban Bridges, Studio

“WHAT WE DO”

We teach children & teens (7-19 yrs. old) the following:

BASIC

- Self Portraits/Facial Expressions
- Posture
- Picking up objects from the floor
- Sitting, Standing & Walking
- Entering/Exiting a room

I AM SOMEBODY

- Building your Self-Esteem
- Confidence – First Impressions/Last Impressions
- Creating your Image

BEAUTY IS MORE THAN SKIN DEEP

- Body awareness
- Healthy skin for girl’s
- Makeup or Not! – Age appropriate, 13 & over
- Diet & Exercise
- Healthy skin for boys

BEHAVIOR MODIFICATION

- Youth conduct
- Mannerisms
- 5 Core Values
- Proper behavior in all settings
- Maturity
- Effective communication skills

CONFIDENCE BUILDING!

- Wardrobe versatility (what to do if you don’t have a large wardrobe)
- Grooming for acceptability & success (no sagging allowed!)
- Runway & Photography –
Building confidence, positive attitudes, even a trade!
- Bullying! Not an option!
- The confidence to be a positive leader
- How to empower others to be better

TABLE ETIQUETTE/BON APPETITE

- Table settings & navigation
- Social etiquette
- Table manners
- Dining conversations

(Over)

CREATING THE “BRAND” CALLED “YOU”

- The making of you
- Resume writing
- Dressing for the interview
- Meet & greet introductions
- Faking it till you make it
- Formal graduation ceremony
with family, friends & community leaders
- Making an impression without talking
- Knowing your audience – Adaptability
- Ebonics – When to use it
- Public speaking – Keys to eliminate fear
- Conducting yourself in the social or business circles

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Question:

Before, during & after the traditional education, then what?

Answer:

Urban Bridges - Urban Bridges educate, and empowers children, teens & young adults to succeed personally, socially and in the business world, how to respect yourself & others, interpersonal relationship skills, how to get along with others, personal presentation skills, how to carry yourself, resume writing and mock job interviews, anti-bullying, keys to eliminate the fear of public speaking, & much more!

All classes are a lot of fun, upbeat and interactive!

“Curriculum is modified depending on how ages are skewed”

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Urban Bridges is a 501(C)3 non-profit youth organization

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