

Finishing School

**St Thomas College
(Autonomous) Thrissur**

About the School

Finishing School, St Thomas College (Autonomous) offers an in-depth training programme and real- world experience in the field of social graces and decorum.

The inputs given by the finishing school would assist the students in developing:

- First impressions**
- Communication skills**
- Positive posture and body language**
- Social media etiquette**
- Presentation, Grooming & Hygiene**
- Dining etiquette**
- Public speaking**

Business & Corporate Etiquette

- ❑ Creating First Impression
 - ❑ Assertiveness and Self Confidence
 - ❑ Attire, Grooming & Hygiene
 - ❑ Handling Business Protocols
 - ❑ Communication Strategies
 - ❑ Walk The Talk
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Leadership Training

- ❑ Emotional Intelligence
 - ❑ Team Building & Interpersonal Skills
 - ❑ Time Management & Goal Setting
 - ❑ Critical Thinking & Creative Problem Solving
 - ❑ Negotiation Skills
 - ❑ Stress, Crisis & Conflict Management
 - ❑ Handling Procrastination
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International Etiquette

- ❑ Culture Sensitization
 - ❑ Travel Tips
 - ❑ Attire & Grooming
 - ❑ Language & Accent
 - ❑ Guest & Gifting Etiquette
 - ❑ Dining/Restaurant Protocols
 - ❑ Handling Varied Cuisines & Tricky Food
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Fine Dining

- ❑ Table Navigation with Crockery & Cutlery usage
 - ❑ Restaurant Etiquette
 - ❑ Varied cuisines
 - ❑ Host & Guest Etiquette
 - ❑ Party Planning for different settings
 - ❑ Wine & Liqueurs
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Campus to Corporate

- ❑ Aptitude Test
 - ❑ Swot Analysis & Mind Mapping
 - ❑ Interview Skills & **résumé** writing
 - ❑ First impressions
 - ❑ Setting Breakthrough Goals
 - ❑ Building Self confidence
 - ❑ Professional Excellence
 - ❑ Group discussions & Presentation skills.
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Self Enhancement Workshops

- ❑ Cooking
 - ❑ Cuisine Concepts
 - ❑ Art Sphere
 - ❑ Make up & Hair Styles
 - ❑ Skin care
 - ❑ Diet & Nutrition
 - ❑ Fitness & Dance
 - ❑ Holistic wellness
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Finishing School Batch of 2018-2019



International Conference

CENTENARY
INTERNATIONAL CONFERENCE
ON ADVANCEMENTS IN
SCIENCE AND HUMANITIES



Oral Presentations

Poster Presentations

Online Presentations

For more details
<http://stthomas.ac.in/showcontent?cid=954&preview=1>

Sponsors

CPE Cell, St. Thomas College
IQAC, St. Thomas College
PTA, St. Thomas College



CENTENARY
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ON ADVANCEMENTS IN
SCIENCE AND HUMANITIES
21 to 23 March 2019

St. Thomas' College (Autonomous)
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Organised by

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For more information

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