

# Introduction to Esthetics
# Unit 3

# Why is important to develop life skills

Practicing good life skills will lead to a more satisfying and productive beauty and wellness career.

Beauty professionals work with many different types of clients, and life skills can help keep interactions positive in any situation.

The ability to deal with difficult circumstances comes from having well-developed skills.

Having life skills builds self-esteem, which helps individuals achieve their goals.

# In a Nutshell

- Being helpful and caring for others.
- Making good friends.
- Feeling good about yourself.
- Having a sense of humor.
- Maintaining a cooperative attitude.
- Approaching work with a strong sense of responsibility.
- Being consistent in your work.
- Adapting successfully to different situations.
- Sticking to a goal and seeing a job through to completion.
- Mastering techniques to become more organized.
- Developing sound decision-making skills.

# Let's Play a game

- **Instructor** : Divide your group into pairs in the private virtual rooms, with one partner assigned to the talker role and the other assigned to the listener role. The talker's job is to describe what he or she wants from a vacation without specifying a destination. The listener's job is to listen attentively to what is being said (and what is not being said) and to demonstrate their listening through their behavior.
- After a few minutes of active listening, the listener should summarize the three or main criteria the talker is considering when it comes to enjoying their vacation. Finally, the listener should try to sell the talker on a destination for their vacation. After a quick debrief on how well the listener listened, the two should switch roles and try the exercise again.
- This exercise gives each participant a chance to practice talking about their wants and needs, as well as an opportunity to engage in active listening and use the knowledge they gained to understand and relate to the speaker.
- **Students** can go back to this flash card for instructions

# What is success to you ?

- List 5 things that mean success to you
- List 5 changes you need to make in your life to make that success happen
- Let ‘s share with each other what we have learned from both exercises



# Action Steps for Success



- Build self-esteem.
- Visualize success
- Build on your strengths.
- Be kind to yourself.
- Stay true to yourself.
- Practice new behaviors.
- Keep your personal life separate from your work.
- Keep your energy up.
- Respect others.

# There are 3 bad habits that can hinder your productivity

(1) procrastination,

(2) perfectionism, and

(3) lacking a game plan

# Stay Productive!

- Have a Game plan
- Having a game plan is the conscious act of planning your life, instead of just letting things happen. While an overall game plan is usually organized into large blocks of time (five or ten years), it is just as important to set daily, monthly, and yearly goals. Where do you want to be in your career five years from now? What do you have to do this week, this month, and this year to move closer to that goal?

# How to stay motivated during change and fear

- Be positive. Criticism blocks the creative mind from exploring ideas and discovering solutions to challenges.

- Look around for creative inspiration. Tap into the creative energy of art museums, music, fashion shows, and magazines.

- Improve your vocabulary. Build a positive vocabulary by using active problem-solving words like explore, analyze, and determine.

- Surround yourself with others who share your passion. In today's hectic and pressured world, many talented people find that they are more creative in an environment where people work together and share ideas.

# What principles would contribute to your personal and professional success?

- Take 5 minutes
- Write it down in a piece of paper
- Keep this in a safe place
- Go back to it and read it when you feel the need to remind yourself of motivation

# And Always Remember




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**Build strong relationships for support.**

# Time to Write up your mission Statements

