

Module 5: The Hidden Power Of Poise In The Elite Society

Essential Dinning Etiquette

Introduction to Etiquette

Essential Dining Etiquette

Ladies welcome to module five. This is the etiquette module. And I'm so excited about this module because finally, I'm able to share with you everything that I learned in the Swiss finishing school that I went to in 2019. Now in this module, we're going to cover topics such as dining etiquette, departments, posture, conversational skills and body language. Now, please note ladies that I will be teaching you the most formal ways of etiquette. There are different levels of etiquette and you need different etiquette depending on the situation. Sometimes we are in a casual setting. Sometimes we are in a semiformal setting and sometimes we are in a very formal setting. So the way we behave and our etiquette will be different. You don't always have to act with the most formal and strictest way of etiquette, but I want you to feel confident in any form of social setting, which is why I want to focus this module on teaching you the most formal way of etiquette so that you can even feel comfortable dining with the queen in the dining etiquette part.

I will also be teaching you the most essential etiquette that I believe is necessary for you to know at this stage, you see etiquette, it is a very big topic and you can really go deep on the subject, but that will take a lot of time. That will probably take years for you to study every single etiquette rule that's out there. And I don't want you to waste your time on something that is actually not that necessary because if we look in high society and if we look into the real world, actually, there's only certain amounts of etiquette that is used. And that's the etiquette that I want to teach you, which is why I want to keep things simple, straight to the point, cut out the fluff that you don't really need and just teach her the things that you will be using in your everyday life. And then you are at high society life. So let's start with module five ladies. Enjoy.

Arrival & How To Get Seated

Essential Dining Etiquette

Let's talk about your arrival and getting seated. Maybe you are arriving to a private residence because you're invited to a dinner party or you're arriving to a restaurant. And you would like to understand how the arrival process and getting seated process works, or it might be a private event such as a gala that you are arriving to. I'm actually going to split this into three parts because there are a few differences, depending on where you arrival. I want to start talking about how it is when you arrive to a private residence, a private residence might work in many different ways. You might arrive casually to your girlfriend's house. She's maybe hosting a, a little get together, or you might actually be arriving so very formal gathering that is hosted inside a private residence for this reason, etiquette will be different. But as I mentioned in the introduction, I will be focusing on teaching you the most formal etiquette.

So in this case, let's pretend that you are arriving to a formal gathering at a private residence. Usually how it works is that you do receive some form of invites where it also says a dress code. Your time of arrival should be quite punctual. Usually we say you can have about 10 minutes delay arriving at the exact time. My sometime be a little bit of a challenge to the host in case they have some last minute changes that they are currently dealing with. So I personally think it's a good manners. If you arrive maybe five, 10 minutes late, but do not arrive more than that, because what happens in the private residence is that timing is really important. You might not be having a lot of stuff. You might be only the host and the hostess that are organizing the dinner party. So they are being very calculated with their time.

And it's really important that the guests are not being too late. Obviously I am aware that we are an

international community taking this course, and I am aware that in certain cultures you do not have punctuality as part of the culture. In many cultures, you actually are expected to arrive late, such as maybe half an hour late, or in some cultures, such as in India, you can even arrive an hour late and that's totally normal. So please bear in mind, depending where you are watching this from, our culture code might be different. So when you arrive to the door, the host or hostess is usually the ones who welcome you, or if they have staff, sometimes a member of the staff might be welcoming you as it is a private residence, you are expected to bring a gift as a show of good manners, which I really recommend you all to do.

Even if you are actually arriving to a casual dinner party, let's say your girlfriend hosted that little, get together, still bring a gift. It can be something as simple as a wine bottle, a box of chocolates, but bring something usually at your arrival, you will be receiving a welcome drink and you will also be introduced to everybody who has already arrived. And you usually either shake hands or you kiss on the cheeks depending on your culture. But the norm at private residences is for you to say hello to everybody. I personally find it quite rude at a private residence when people arrive and they don't say hello to each individual that is different. If you arrive to a bigger event that is not hosted in a private home or where the event is so big, there are too many people that you just won't be able to say hello to everybody.

How does the seating work? Can you just go and sit wherever at the dinner table or it has the host has prepared a seating plan? Well, it really depends. Like I said, as we're talking about a formal private residence event, then yes, most likely the host has, has prepared a seating plan, or she might have even a written names on seating cards and place them on the table. So you might have to actually just have a glance at the dinner table and having a look where you're supposed to sit. Sometimes if it's very formal, they might have a seating plan outside of the dinner space, but usually you will see seating cards. Occasionally you have free seating, but I would say it's more common that the hostess has prepared a seating plan. One thing that I know not many of you are familiar with is something called precedence, especially when it comes to going to the dinner table.

Now this might be a little bit formal. So don't think that this is like this everywhere, but I still think it would be quite important for you to learn this because like this, you will always be on top of things in case you notice that, um, there is actually precedence now, what is, first of all, precedents, for those of you who are not familiar with the lingo, that basically means the line or the order that you walk into somewhere. So in this case, let's say you're having a pre-drink in the lounge area or in the living room somewhere. And then the hostess says, dinner is ready. Let's get seated. And you are going to now go to the dinner table or the dining area. How you walk into the dining area is what precedents is. In what order are you arriving to the table? How it works is that the hostess should be leading the group to the table.

So she goes first. Then all the ladies follow in no particular order, then the gents follow. And lastly, the host follows, the precedents continue even around the dining table. And this is quite important to think about because now we are following what the host does. Does not sit down before the host does sit down. We sit down when the hostess sits down, then you are allowed to sit down as well on your chair. When the hostess unfolds her napkin, you unfold your napkin. When the hostess starts eating, you start eating and so on. Let's talk now about their rival to a formal event. And when I talk about formal, I talk about an event that is organized by an organization of some sort that is not held in a private residence. Maybe it's held in a restaurant, maybe it's a charity dinner. The formality can be different, but here we're focusing on a formal, bigger scale events.

So your arrival would then work in such a case that there's usually a list at the door with a hostess. And you arrive either by bringing your invitation or by having your name already written on a list at the door. So you just basically mentioned your name. Then the walking in parts might differentiate, depending on the event, you might have to follow a hostess who shows you where to go next, or maybe even shows you to the table, or she might give you directions and tell you how to find your way in and how to navigate inside. Then usually there will be a pre-drink mingle before you enter the dining hall. Then at some point there will be an announcement of when it's time to go into the dining hall. Sometimes you notice that everybody's starting to walk into the dining hall, so then you just follow.

But what about where to sit? There is always a seating plan, but it might not be necessarily written

and named by name exactly where around the table you're supposed to sit, or it might, this is why would this type of events, there's all kinds of variations to how seating might work. Also really depends on the size. Sometimes they do the traditional just placing seating cards and you have to just go around the table and see where your name is written. But that's usually a very complicated process and not really to recommend often there are seating boards with a seating plan maybe inside of the dining hall or outside. If there are a lot of guests, there will be an alphabetical seating plan, meaning that you just scan for your name and then it might give you a table number. And then you look at the table number, and maybe there, you might have your name placed on the chair, or it might be free seating in some very formal events.

You might actually receive a card. Would your seating plan maybe since prior to your home or handed at the event when you arrive. But like I mentioned, occasionally you just get a table number and then there is free seating around that table number. Now that could be actually a quite a beneficial thing. Especially if you have people around the table who you would like to network with, then you can do something that I called strategic seating, which basically means that you already know who you would like to sit next to that table. Let's say you are at an event and there is a person for business that you really want to speak to. And that you really want to make sure you end up sitting next to that person. During this dinner. What you do is that during the pre drink, mingle, you go and you socialize with that person and you make sure you walk in with that person when they announced that now is the time to enter the dining hall.

Because when you walk in with a person automatically, you end up sitting together. So that is my little tip. If you want to have your strategic seating on points, usually this is a very good strategy. Now let's talk about the rival to a formal restaurants. And I think this part will probably be the one that you will be using the most as probably a part of your lifestyle would be to go out and dine often and preferably in the high end restaurants. Of course, there is a difference between dining and high end restaurants and dining and very casual and informal restaurants. This is why we are going to apply formal etiquettes, informal restaurants. So I'm going to now describe how it is to arrive and get seated in a formal restaurant setting in all of these type of places. You always have a hostess or a host at the door who receives you and takes your reservation name and then gets to show you the table.

However, sometimes the table might not be ready. So you have to have a pre drink, maybe at the bar area or some form of designated area, but hopefully your table is ready. So then you can go straight to the table. The pre drink in the bar, by the way, can sometimes be a comfortable and sometimes a little bit of an uncomfortable experience. It all depends how the bar is located in the restaurant because I've been so few restaurants were actually, even though it's a very formal restaurant, they have place the kind of designated pre drink area in such a way that you just feel awkward standing there while all the other dining guests are having their dining experience. But in most cases you will be fine. Just one thing for you to think about is that when you're having your pre drink at the bar and they say that your table is ready, do not take your drink yourself to the table.

Always led a waiter, carry your drink from the pre drink area to your table. It's not a good look. It does not look elegant when a lady carries her own drink. And this is actually also applicable to gentlemen. Now, when your table is ready, regardless if it's ready from the very beginning, or if it gets ready, once you have had your pre drink at the bar, the hostess will come and pick you up, or we'll take you directly to the table. So then how it works is that you follow the host or hostess. Most likely they will pull out the chair for the lady so you can expect that to happen. And then you sit down and oftentimes they will also unfold a napkin and place it on your lap. Usually if it's good service, they will pretty much immediately ask you what kind of water you would like to drink.

Would you like to drink still water or would you like to drink sparkling water? A quick note on the chair pooling, because we don't want to have any form of accidents happen. Now it's good advocates and good manners. If the host or hostess at the restaurant pulls out your chair, but that does not always happen. If it doesn't happen, you of course would pull out your own chair. If it doesn't happen. Sometimes if you have a gentleman next to you, he will pull out your chair. But again, not all gentlemen are aware that the best manners for them to do is to pull out the lady's chair. This is actually also applicable. If you're dining, let's say in the private residence, or if you are at a formal event there, you will not have the host or hostess to pull out the chair for you.

Usually, however, a kind gentleman next to you should be the one pulling out your chair. But again, don't take it as a rule because not everybody is educated on etiquettes and might not realize that they have to pull out your chair, a last tip as well about the chair. If we want to be very precise on how to elegantly arrive to your chair, it is actually supposed to be done. But the right hand side of the chair, and you should also depart from the right hand side of the chair, but only if possible, if it's not possible to do it on the right hand side is just not possible. But if we want to be very formal and kind of etiquette picture perfect, then that will be the correct way.

American vs Continental Dining Style

Essential Dining Etiquette

Let's talk about the French and the English dining style. Some of you might know, be quite confused what it is that I'm talking about. Are there different dining styles and why French and why English? I've heard continental and American what's what's actually ladies, it is a little bit confusing, but I am going to explain to you the differences. So many of you have probably heard about continental dining style and American dining style. I will be referring throughout this etiquette module to French and English dining style, actually French and English dining style is exactly the same as continental and American style. It's just different words, but the way I was taught it's finishing school and the European, the way of describing these different styles in the most correct form, we call it the French or the English dining style. But let me go over in depth what they are.

So there is one style that is more formal than the other. And I want to start to speak about the most casual form of dining style, dining style that I actually would like you to not use. And there is a reason for that. I want you to learn a dining style to perfection, and I don't want to confuse you. And I don't want you to start mixing things up because it's very easy to do that. Or if you eat in the most formal dining style, and if you learn the most formal dining style, then you will be able to apply it in any form of setting that you are in. Like I mentioned before, you will even be able to eat with the queen. So the most casual dining style it is called American style, or it's called French style. I'm not actually going to teach you exactly how it works, because I don't want to confuse you.

I might be just giving you a little bit of references here and there throughout this module, but we are going to learn the most formal dining style and that one is called continental, or as I will call it the British style as per my reference to the queen, you probably understand that the queen always eats in the British style, but actually at the most formal events, political dinners, diplomatic dinners events, you do eat in the most formal style, which is the British style. Now, what is the difference between these different styles? So you have a table setting difference, but you don't really have to pay too much attention to this unless you are hosting. Then you really have to understand how to place the cutlery, the glasses and the table, where the table, because you can do it's either in the British style or you can do it in French style.

But in this module, we are focusing on dining etiquette and you don't have to pay attention to how the table is actually styled because you don't have to eat in a specific manner just because the table has been decorated. Let's say the table has been decorated in a French table setting. You do not have to eat with the French dining style. Then you can eat whatever dining style you like. So that is up to you. So that's the difference when it comes to table setting, but there's of course a difference when it comes to etiquette. Some of the examples that I will give you is there is a difference in how you hold the cutlery. There is also difference in how you will be ending the meal, basically where you place the cutlery. There will also be a difference in how you hold the hands. And I would say that these are probably the most common differences. Then there's a lot of things that are pretty much the same, but ladies, now I want you to start learning the English style dining etiquette, because this is the most formal dining style. And this will give you plenty of confidence, regardless of what events you will be dining at.

Napkin Etiquette

Essential Dining Etiquette

Let's talk about napkin etiquette. I'll want you to feel fully confident with how it works, navigating your own napkin. So how do we unfold our napkin elegantly? I'm going to go through in a slow motion way, step by step, how to do it properly. So we take the napkin from our plates and then we take it here to the side of the table, because we don't want to be up here and doing a big show out of it. We take it discretely here on the side next to us behind the table. And we discretely unfolded. Now this might require a little bit of practice because in the beginning it might feel a little bit uncomfortable doing this. As you can see, I am focusing on catching the two corners of the napkin with my finger in between. And then I just sit elegantly and delicately. I'm folded like this, straighten it out without making too big of movements and then place it underneath myself on my lap like this. Now there are a few things that I need to explain about what happened there. Exactly. First of all, I unfolded my napkin in what we call a half. That looks a bit like this. We can also unfold it in what we call into thirds that looks like this in the restaurants. You will also see that they unfolded to you in a triangle when they put it on your lap. And it looks like this.

[inaudible]

The reason why they put a triangle on your lap is because when you unfold your napkin as a triangle, it's much harder for the napkin to slip down the knees. But I personally, don't really like to have my own napkin in a triangle because I find it a little bit more difficult when I have to actually use the napkin. I prefer having my napkin unfolded in half like this. This is my way of always having my napkin. And I definitely recommend you to do it too, because you will have a much easier way when you're going to be dabbing your mouth with this napkin. Now, how do we place a napkin like this on our lap? Where should it fold be? There? Isn't actually a strict rule where the fold has to be. This is the fold. And I personally prefer putting it closest to my knees like this.

[inaudible]

The reason why I like to have my fold closer to my knees is because when I will be dabbing my mouth, I will be doing it inside here. I don't want to leave a lot of stains and marks here, which is why I will be using a sneaky way of just cleaning my mouth here on the inside part. So how do we clean our mouth elegantly with this napkin? Ladies, let me demonstrate it for you. So our napkin is laying here in half a fold. We take our fingers and we place it inside the napkin like this inside the fold. Then we'll take it up to our mouth discretely, of course, and we fold it out so that we have the insight pointing out. Then we discretely just dabbed the corners of our mouth like this. When we're done, we fold together the napkin to hide the stains that we just added. And then we place it back on our lap. Discretely Ladies, there are some napkin domes that I want you to be aware of. First of all, when we are taking the napkin, like I mentioned earlier, we don't want to unfold it and make a big show out of this. We also don't want to unfolded on our plates like this. I see this happen quite a lot, and this is not the correct way of unfolding a napkin plus it doesn't look elegant. Also, sometimes people take the napkin and they put it inside their color like this,

Including your napkin inside the color. It is unacceptable. It's inappropriate unless you are an elderly or disabled person where you actually have to put it there for certain reasons. There are of course, certain restaurants such as when you eat certain types of food, like a lobster legs, or it's some form of ribs of some sorts or chicken wings. But usually these type of places are very casual and they would give you, um, a plastic napkin or a paper napkin to put around your neck. Then that is different. But otherwise we never put it here. Also some don'ts when it comes to patting your mouth with a napkin, you are not just using here

Doing this. That's why we do it inside the fold, because it will cover up the stains. We also don't wipe our mouth neither one way or back and forth. It is not elegant. We only down the corners of our mouth just as in little notes, because I did mention to you that sometimes you will have a triangle fold. Would you not begin? Now it's up to you. If you want to keep the triangle fold. I personally like too. If somebody has put the triangle fold on my lap, I like to actually rearrange the napkin and do a, a fold like this because I simply think it's much easier, much more convenient for me to use the

napkin, but I still want to show you how to patch your mouth with the triangle fold. So when you have a triangle fold, I would then actually recommend you to have the fold laying closest to your stomach. So it will be laying like this.

Yeah.

So then when you take the napkin up, you actually only have this sharp part that you separate delicately like this and up your mouth and folded back, very simple and straight forward. So the sharpest part should be closest towards your knees. So when do we dab our mouth while we do it? Of course, when necessary, if we feel that we have some food left or some drink left on our lips, we dab our mouth, but there is actually a rule that before you take a sip of a drink, regardless if it's water, wine, champagne, or soft drink, you always dab your lips before taking that sip. And the reason for that is simple. We might have some residue of food or drink on our lips that we don't want to stay in our, in glass with. Cause you know, it's not very pleasant. When you see a bunch of red, the crumbs on the rim of a glass and it's not pleasant for yourself and it's not pleasant for the other dining guests that we also tap our mouth clean by the end of the meal.

Now, where do we place the napkin? Let's say we have to leave the table in the middle of the dinner, but we are coming back. Ideally I don't recommend you to leave the dinner table at any point during the meal, I understand there are emergencies and I understand that in some casual dining settings, you might be able to let's say, use the restroom before the dessert come in. But if you really want to act with great manners and good advocates, then use the bathroom after the dining experience, how finished. But like I said, if you have an emergency and you have to excuse yourself from the table in the middle of the meal, then you simply leave the napkin on your seat. Sometimes when you come back, you will notice that the waiter have taken your napkin and folded it neatly. And the place that's on your table.

Sometimes they actually even changed napkin depending on the establishment. But where do we place napkin when the meal is, this is where I don't want to confuse you because there is a difference, depending if you are dining with English style etiquettes that I'm teaching you today, or if you're dining with French style, etiquette, English style etiquettes is always to place the napkin on the left hand side of the plates. You simply take up your napkin and you just put it slightly folded next to the plate. You do not fold it together. You do not start arranging it. So it looks picture perfect. You just put it slightly folded on the left side.

How to sit correctly at the table

Essential Dining Etiquette

How do we sit elegantly at the dining table? Well, the basics is to sit with good posture and what we'll be covering posture in the separate video in depth. Just apply that when you are sitting at the dining table, the practice is to sit straight. So tall, pull your shoulders back, have a straight back, and then you look very elegant like this, but there are some small details that I want you to. Perfect. Number one, what do we do with the back? Because depending on the social setting, if you're in a casual setting semi-formal or formal, you have to think a little bit about what you do with your back in the casual setting. You can absolutely place your back towards the backrest and be a little bit more comfortable, but in a formal setting, you don't really sit like this because this is not the most elegant way of sitting.

You therefore have space between your back and the backrest like this. A good practice is to put one hand of yours, place it behind your back in the backrest and make sure it fits. Obviously, I don't recommend that you actually do this movement at the restaurants or at the venue, but it's just for you to have a little bit of an understanding how far away you should be sitting from the backrest. What about your feet? You need to keep them straight on the floor, preferably next to each other like this, or you cross your ankles to feel a little bit more comfortable. Some ladies cross their entire legs like this, but this is not an appropriate way of sitting at a dining table. Some people believe it or not. They also start taking their shoes off. Even if just half way. Let's say they do something like this.

Some take them off altogether. And ladies, this is really not an elegant way of sitting. So please

never do this. What do we do with our hands? This is also different, depending on what dining style you're eating with. With the British dining style, you always place your hands on your lap. Whenever you are eating, you will be using your hands for eating, but whenever you're not eating, you always keep your hands under the table on your lap. If you're a dining Britta style. If for example, you are eating something with one hand, let's say it's soup or pasta, or you having a dessert like ice cream. Then you only using one hand with British style. You will then be using your hands for the eating. And then the other hand you're resting it on your lap.

So whenever there is no eating involved, there is no food on the table. Your hands should always be under the table. Also, if your chair has the elbow rests, it's very important that in a formal setting, you're not using these elbow rests to rest your elbows during the meal or at any point, actually you should always keep your elbows neatly tucked in to your body. I want to give you a few domes of what you shouldn't be doing with your hands and elbows, because a lot of people are still doing a lot of these mistakes. So there is this big debate what to do with your elbows. If it's ever actually appropriate to put, let's say one on the table like this, when it comes to elbows in the formal settings, you should never be placing any elbows at all. During the meal, maybe after a meal, it's fine to do so in the casual setting, let's say you have to lean forward a little bit and you place one elbow on the table because maybe you have to lean in to hear somebody speak more clearly a big, no noise to put both elbows on the table or to start resting your head in one of your hands.

And, you know, look a little bit too casual. Nothing of this is appropriate to do at any point, if you are dining in the formal setting. But to be honest, I wouldn't be doing it. Even in the casual setting. One elbow is okay to put up after the meal in a casual setting, but never in a formal setting. Some other don'ts do not start moving things around at the table. Let's say your plates has arrived to the table. You do not adjust it at any point. You leave it as it is. You do not fiddle around with your forks or knives or start playing with things or stop tapping your fingers. Or I don't know, rocking with your knee. Or some people even start rocking on their chair like this ladies, this is not appropriate behavior at all at the dining table. Plus I noticed that some people start getting fiddly and start moving around with their hair all the time, or even maybe start touching their face and you know, keep adjusting their hair all this time. And this is not very pleasant to do around a dining table because it's actually not very hygienic. Be aware that when you are touching your hair, some hair particles or small hairs might fall into the plates or somewhere on the table. Plus if you keep touching your face quite often, you're going to grab your glasses and you're going to leave marks and you have grease on your face. And so on. This is not very pleasant.

Drink & Wine Etiquette

Essential Dining Etiquette

Let's talk drinking etiquette. I want to start by covering how to drink water elegantly. No, as I mentioned earlier, the host or hostess or the waiter will ask you what type of water you would like to drink. Would you like still or sparkling water in some countries, some people ask to get tap water, and I would really advise you not to ask for tap water in the formal restaurant. It's just does not come across very elegant. Even if the tap water is perfectly fine to drink, there might be some confusion on where the water glass is located. And I'm now going to show you, there are two places where the water glass can be located. If it's a water goblet like this, it will always be on the right hand side of the other glasses, meaning that you might have multiple wine glasses. Like here, we have a wine glass.

The water goblet is there for standing on the right side of the wine glass or the other glasses. Sometimes you have multiple wine glasses, depending on your courses, you might have a white wine glass followed by a red wine glass. You might even have a champagne glass. That was your pre drink. That is also positioned on the line like this. However, ladies, you must be aware of this because not always is there going to be a water goblet? They might be a stemmed water glass like this. In that case, this water glass is positioned on the left hand side of the wine glasses. Surely might not be a size like this. This is just for illustration purposes, but I want you to memorize that. A stemmed water glass is always on the left hand side and the water goblets is always on the right

hand side. So do not confuse what is a wine glass and what is a water glass? How do we drink water elegantly? Well, first of all, if we have eaten, we must clean our mouth within napkin before taking the sip. Then when we take a sip in small discrete chunks, and if you're very thirsty by no means, can you down the water like this, or take a chunk after chunk after chunk, please also do not make any sounds. That's not elegant whatsoever.

Oftentimes you will have a water bottle placed on your table and it is absolutely appropriate to serve water to yourself. But there is a golden rule for this. And if you want to refill your own water glass, you cannot just take the water bottle and start pouring yourself up like that. No first you have to make sure that you pour everybody else's glass around the table, even if they have enough water, but you just pour a little bit more as a gesture rather than to actually pour something into it. A little top, like this will be fine. And then lastly, you are now allowed to serve yourself. Make sure you don't pour too much water into the glass. About a third of the glass is enough or in some glasses you can pour up to half the glass. It really depends on the size of the glass in this type of glass.

Something like this would be appropriate. Please be aware that you must always drink from the same spot of your glass. You cannot be taking a sip from here than maybe from here and then from here. And then by the end of the meal, you will have spots all over the glass and it's not very elegant. So that's something to think about. Same goes for making sure that if you have some greasy fingers that you really clean them on your napkin before taking the glass, because there's going to be marks. Otherwise this isn't particularly important. If you have touched the bread or eat some bread, because breath can sometimes be a little bit greasy. I mentioned to you that sometimes we have a pre drink or we might even be offered to drink an operative before starting our meal. Now this can be done in the waiting area, in the bar area, or it can also be done at the dinner table.

I'm now mainly referring to in the restaurant experience. Usually in a private home, you would perhaps have a welcome drink, but that is rarely around the dining table. Although there are, of course always exceptions. Now in the restaurant, let's say you didn't get sent to the bar area to have a pre drink. You have been shown your table directly by the hostess and you sit down, you get your water, you get your napkin and you are about to order. Sometimes the waiter will come and ask. If you want to drink an upper teeth, you and your company, you might want to do that. In that case. A lot of the times ladies asked me, what should I order? What would be an elegant aperitif? I really recommend to order a glass of champagne, either a brute like this, or a glass of rosacea pain. I personally think that is the most elegant.

It's not really the most appropriate to order a glass of wine as an operative, because you are going to be drinking wine with the food. You can, however, order a cocktail. If you don't want to order a glass of champagne, if you're a non alcohol drinker, you can also order a mocktail. You don't have to drink alcohol just because you're having the upper operative. The only thing I would advise though, is do not order a soft drink as your operative, as the waiter for a mocktail. Usually there is something alcohol free on the menu. It's not very elegant to order a glass of Coca Cola as your operative, or even actually during the meal in the formal restaurants, let's talk wine etiquettes because majority of the times you will be drinking wine with your food, unless you do not drink any alcohol. But how do you know when you should be drinking red wine, white wine or Jose?

There are some rules that I think you should be aware of and follow. I think we all know that red wine usually goes meat, chicken dishes, and other heavy dishes. White wine usually goes with fish seafood and lighter dishes. And rosacea is something that we usually drink only for lunch. And when I say only for lunch, I really mean lunch. In the sense of have a hot summer day. You are maybe in the South of France or somewhere beautiful. And the sun is shining. Then it's really nice to have a glass of rosy for lunch, but in the evening, people don't tend to drink much Rosie. A lot of the times, ladies get a little bit stuck on wine. Pairing thinking that that is a strict must and you really have to understand wines inside out. Otherwise people will have frowned upon you, but I can tell you from all my years of experience in high society, people tend not to obsess too much about wine pairing.

Surely if you are in a very high end restaurant, or if you go to a Michelin star restaurant, there might be some wine pairing choices on the menu because the chef has coordinated together with us so many years to really bring out the flavors, the food. But I would usually say that for your sake, you do not have to stress that you must know wine pairing inside out. You only need to understand the

basics when red white and the Jose is the most appropriate, but of course you always have people who bend the rules and people usually just order what they truly enjoy drinking. Now, how do we select the wine? So you will get a special wine menu to select your wine in. Particularly if you're getting a whole bottle, some restaurants will also have half bottles on the menu and some restaurants will have wine by the glass inside this wine menu.

Usually the person around the table who knows the most about the wine will end up placing the wine order, or sometimes the most senior person in the company will place the order. I do recommend to ask the so many year for recommendations, if you are unsure of what wine to order and what to drink, order the type of wine that you prefer drinking, or just tell the some of the year that you would like something light or fresh or sweet or fruity or dry, then they can point you in the right direction. This is regardless if you're ordering a bottle or a glass of wine. No, if you're ordering a bottle of wine, make sure that you kind of point in the right direction of the price category that you're looking into because of course, so many years that will try and upsell you more expensive bottles.

But if you point inside the menu at a specific price category, you can say that you're looking for wine, something in this category, instead of saying the price out loud, just point at the price. The so many will understand. I want you to be aware that depending on what type of wine you will be drinking, you might be seeing different types of wine glasses. And I'm unfortunately today I don't have a selection of wine glasses. So demonstrate for you. But I want to form that there is a wine glass for each type of wine. However, most restaurants they do usually red wine glasses or white wine glasses, but some formal restaurants also go to the degree into having we're doing red wine glasses or burgundy white wine glasses, as an example. So how do we drink wine or champagne elegantly? A common mistake that I see is that people just grab the glass like this.

This is not very elegant ladies. You never grabbed the wineglass around the bowl like this. First of all, you will end up leaving finger marks. Second of all, you were actually warming up the liquid inside. So this is not a very elegant way of drinking. You always hold your wine glass by the STEM. Preferably you should be holding a bit lower. Like here just looks a little bit more elegant. It's okay if you hold it here, but it doesn't look as elegant as when you are holding it here on the lower end informal restaurants that will always serve you wine so that you taste it first and then you drink it. It would look something like this. Let's pretend that this is the actual glass that you will be drinking from. They will pour a small amount of wine into the glass and then they will hold the bottle and that will be waiting for you to try it. So then you just pick it up. And how do we do when we taste the wine, usually people who know about wine, they like to swirl the wine to release acidity and aromas. Then they like to smell the wine and then they take a sip.

When you take this sip, I would personally not just pour it down my throat. I would keep the inside my mouth for just a second or even half a second, just to kind of taste the wine of properly real wine connoisseurs. They will even sometimes swirl the wine inside the mouth, but I would personally not go that far. Remember what I said? When it comes to drinking water, you always clean your mouth. Before you take a sip, you always drink from the same spot and you always take small chunks of liquid instead of just taking one big chunk and down it. But why do they ask us to actually taste the wine? It is a common practice to see if the wine may be corked. Corked is something that doesn't happen very often. I've only had this experience twice in my life that the wine was actually corked.

So it's highly unlikely that you are going to experience it, but of course it might happen at some point. Usually you will notice when the wine is off in one way or another, the acidity levels can be very different and the tastes might be quiet badder, but please be aware ladies, oftentimes when a bottle has just been opened, they might be a lot of acidity inside that bottle. Often wine needs to breathe a little bit and release some of that acidity to really get out the flavors. So if you feel that, ah, but wait a second, this wine doesn't really taste. As I thought it would taste. Give it a little bit of time, give it a few minutes or so to open up because it will, it change in taste, but wine is corked when there is really a dramatic taste. And you will know when that happens.

Some of you might have noticed that some people like to put ice cubes in champagne and in wine. Now this is called [inaudible] and this is a French way of drinking wine or champagne, usually on a hot summer day. But what is the etiquette around that? Because certainly ice cubes might not be appropriate to add in all types of settings. I would personally say that only do this. If it's a lunch it's

hot outside and you are drinking white wine or Rosa wine, you can also do this with champagne, but people tend to do it more often with white wine or even more often. So actually with Rosa wine, I would also not recommend to do it on an expensive wine because you will be diluting the taste of the wine because ultimately what you're doing is that you're adding water, you're adding ice cubes to a wine.

So try and do it only with mid range or cheaper forms of wine. Just to kind of respect the wine a little bit. If you're getting a whole bottle of wine, the wine will be stored usually on the table or next to the table, white wine or Jose wine are always stored in ice. Usually next to the table, or sometimes even away from the table. Red wine is usually stored on the table on its own. As it doesn't need a nice pocket, it might also be stored in the basket on the table. It's very common in formal restaurants. Now, can you serve wine to yourself? Let's say the service is slow. You have the wine next to you. Should you just ignore the waiter? Because he seems to never appear anyway and just serve yourself. I would say only if it's an extreme case and always make sure that the gentleman in your company is the one who would serve you.

Ladies don't serve themselves, but try and get the waiter or there's so many year to serve your wine or champagne, whatever it is that you're drinking, because it does not really look very elegant when you're taking the bottle out and serve yourself. We only do it. If it's an extreme case where the restaurant is so busy, that you're not getting the service that you deserve, but what should we do if we don't drink wine, what can we drink with our food? I would personally not recommend you to order soft drinks, to accompany the food in a formal restaurant. It will not be the most elegant choice. I would really recommend you to stick to water or to ask the waiter. If they have some alcohol free choices in some Michelin star restaurants, they will actually have alcohol free options to do pairing with the food because they have planned this prior.

So how do we do it? Cheers, elegantly, depending on culture, of course, this will be different. In some cultures you like to cheers a lot, some cultures. You only cheers once when you begin the meal and that's it. But in other cultures, you actually end up doing a cheer. Cheers, maybe every five minutes. Is there a rule for how to actually cheers? It depends if you are a big group, usually how you cheers is just to raise your glass and look into people's eyes and say cheers, in some cases. And that's it. If you are a small group, you can actually clink the glasses in, particularly in the casual or semiformal setting. But in formal settings, we just raise the glasses like this. Please do remember to always look into people's eyes when you do the cheers, because that is polite, a little recap and also some do's and don'ts and drinking. Remember what I said, always clean your mouth before taking a sip.

So I'll make

Noise when you drink. Don't just down it down in one big sip or multiple sips, one after the other, do not have any food in your mouth when you are drinking and take preferably one or two swallows, but not more than that. When you're drinking also remember to drink from the same spots the entire time, and really do not apply the greasy and sticky lip gloss that I know some ladies are into. It will look horrible here on the rim. So if you know that you will be dining, think about what type of lipstick and lip gloss you are wearing because you are going to have to deal with it throughout your meal. Also, lastly, ladies, and this is actually not a joke I have seen this happen. Do not ask for straws unless your drink was already served with a straw. And why I said that this is not a joke, is that I actually see some ladies want to drink their wine with a straw and it looks horrible and it looks tacky. And I don't want my elegant ladies to do that.

Placing the Food Order

Essential Dining Etiquette

The menu has arrived, ladies. How do we order food elegantly? Well, first of all, when this should we order the food I must is to order when everybody's at the table, it is rude to place an order and you're still have somebody missing who hasn't arrived to the dinner. You simply don't do that, but that's basic. We also order when everybody has finished reading the menu, certainly there are some people who might take their time. Some people might even get stuck in conversation very long time.

So you have to kind of see how that goes. Usually the waiter will approach you. And at that point, you can either tell the waiter that you need a few more minutes, or you simply gather yourself and the order. So who should place the order. Again, it depends. Who are you there with? What type of setting it is.

Sometimes if it's a business setting, you might have the senior in the company who places the order. Sometimes if you are out for a family gathering, it might be the father who orders the dinner. So it really depends. But most often everybody orders their own food. What's really important for you to think about is that just follow the lead of others. You will notice if somebody takes the lead and says that they will be ordering for everybody. So you don't have to worry too much. Plus sometimes it sets very clear that is going to be assessed menu. And this is very common. If you are a bigger groups who are dining together, food serving will simply become more easy in such way. What about food sharing? When is it appropriate to share dishes with the other people around the table? And when should you be ordering your own food?

This really depends on the culture that you're in. As an example in the middle Eastern culture, you will most likely be a sharing the majority of your meals, but in other countries, such as in Sweden, where I'm from food sharing is not that common. You will also have restaurants that will inform you when you arrive. That that restaurant is a sharing concept form of restaurant. So then you also don't have to worry, but some people just like to share dishes, even if it's not necessarily a sharing concept. I do recommend that when you are in a formal restaurant, let's say you are in a Michelin star restaurant. Don't start sharing the dishes there. If you really have to share the dish, then you can ask the waiter. If it's okay to share the pasta and they will bring out the pasta in two portions, rather than you both having to eat from the same dish, that's not very elegant in the formal restaurants.

How do we handle the menu? Elegantly? A lot of the, I see people starting to lift up the menu and read it like a book and you know, really have the menu all over the place. And that's not really the most elegant way of handling a menu. My advice is to always keep the menu on the table, resting like this. Don't ever really lift it off the table. If it's very dark for you, let's say you are dining in the evening and you can't really read what's going on there in many formal restaurants, they will actually bring you a light to put on your menu and you can read like that. Some people do pull out their phone and switch on the light and start lighting their menu up. But you have to be very conscious about the other guests, because oftentimes the lights on the camera is very strong and you might by mistake be pointing that light into somebody's eyes, maybe the table neighbor's eyes.

And you don't want to do that. Also, if you don't understand the menu, let's say it's in a language that you don't understand, perhaps your, you are a foreigner and you would like to have the English menu always speaks to the waiters that you get a menu that you understand. My advice is to also ask all your food questions before the waitress takes everyone's orders. You don't want to be holding up the waitress attention with all your complicated requests and food, the questions. And please be aware if you have a complicated diet, call the restaurant in advance and ask if they can accommodate for your needs. This is not applicable. If you are vegetarian and the vegan, because most often they do have some solutions. Although if you are a vegan and you are going to Michelin star restaurant, you should actually still call just to double check.

If you're dining in a private residence, then usually the hostess will ask everybody for any dietary requirements. And in that case, you will inform, but let's say you have a very particular special diet. Then don't expect the host test to prepare the type of food for you. Usually the hostess will make a vegetarian or vegan option, but that's pretty much it for this reason. I always tell those who have complicated diets, always eat at home prior like this, you only go out and eat something small just for the social aspect of it. Social dinners are really not there to divulge in the food. It's actually more therefore socializing with the other people, a little hack that I want to share with you. So always check the menu online of a restaurant before arriving to the restaurant, because this way, when you are there and socializing with other guests, you don't have to actually spend too much time trying to decide what you're going to eat.

You know, already what you're going eat, because you've already decided this before arriving, and this will just make your dining experience much more enjoyable. Now, there is another common question that I get. How expensive can you actually order? You don't want to look up reading, but

you also don't want to look like a cheap day. If you are in a date with a man, I always say, do as expensive as you like, but don't do expensive just to prove a point really order what you want to eat. If you're dining in a group or a business setting, I would follow the lead of others. Choosing something in the mid range. Brackets is safe, but you can also choose some of the more cheaper items if you really want to eat them. But it's not a must mid range is usually safe, but to avoid of the really expensive items, if you are in such setting, especially if you know that somebody else will be paying and it's not your mail dates.

So when you have decided what you want to eat, you simply close the menu. And this signals also to the staff that you are ready to order. Now, what should you be ordering? Should you want to start a main and dessert always? Or is something optional or should you perhaps check with the others if they're having a starter or not definitely check with the others. If they're having a starter, if you are unsure, desserts is usually ordered in the very end, the menu will come back for dessert again. So what you order is usually the starter and the main, if you are in fine dining restaurants, you might be offered a tasting menu or a set menu. Maybe it's a three course, five course seven course, but it can also be as big of a course as 13 course, as you place the order, you also order the wine together with the food. And that is usually done via this so many year. Don't forget to ask if there are any specials of the day, if that restaurant has specials on their menu, usually, and you can also ask the waiter what's he or she recommends because they usually know because usually they have tried most of the dishes.

Understand the Table Setting

Essential Dining Etiquette

Ladies, let's get to know the table setting a little bit better. Like I mentioned earlier, the table setting will look differently, depending if it's decorated in French style table setting or a British style, I have decorated and richer style today. And I am going to actually teach you more on British style because the French style is not as often as British style, but I still want you to be able to quickly identify what is French style table setting and what is British style, because there are some common ways how you can identify when it's the French style. And one of those ways would be how the forks are positioned. Are they laid like this with the pongs up? Or are they laid like this with the pongs down? If they're laid like this with the pongs down, that means that the table is decorated in a French style table setting.

But if pongs are up, that means it's a British style table setting. Most often you will be seeing this. Now, what else do we have? Usually on the table, we have always the bread plates on the left hand side. We might also have some decorations here in front of us. We might also have the salt and pepper here, depending on how they have decorated the table. You might have a charger under the plate, or you might not have a charger under the plate. Sometimes you have absolutely nothing, but oftentimes you do in the restaurant. If you have a plate position like this, they wouldn't come and serve you like this. They would change the plates. The plates might only be for decoration, but most often they won't be anything. The cutlery. I'm sure you are aware how it works. Oftentimes you will have two sets of cutlery laid out like this.

You will have the cutlery for the first course on the outer side. And then on the inner side, you will have the cutlery for the main dish. And you always work your way in with the cutlery. It's positioned in a strategical way. So you don't actually have to worry too much about cutlery. You will understand what to use when depending on each course above the plates, you sometimes have the dessert knife, a fork or spoon positioned. But in some cases you don't, don't be worried if you are seeing different variations of table settings, it's absolutely normal. And I personally wouldn't stress too much because it's actually pretty straightforward how to use it. All glasses. We already spoken about priorly. The water gallbladder is always on the side, unless it's a stemmed water glass, then it will be on this side. Then you have the wine glasses like this.

And as I have decorated in the British style table setting today, the are positioned diagonally. If it will be French style table setting, the glasses would be positioned in a straight line in front of the plates. Please be aware that with dishes, you might have some special tools arriving with your dishes. As an

example, if you ordering oysters, you will have an oyster fork arriving with a dish or maybe even laid out before the dish arrives. Same goes for, let's say you're in a French restaurant and you're wandering snails. You will have a specific snail fork coming your way. Or if you are going to eat meats, they might put out a steak knife. Or if you're eating fish, they might put out a fish knife. Sometimes if you are eating certain seafoods, you will also get a finger bowl placed next to you so that you can clean your fingers.

After having touched that seafood. These are some of the basics that I want you to be aware of. I don't want you to worry too much about everything else. I find sometimes that people stress a little bit too much over cutlery and what is to use when and how, like I said, it's a very straightforward practice and it's laid out in a way that is easy for you to follow the meal. You just work your way in words with the wineglass, you already know the structure in what direction it goes. The first one we'll start here. The second one we'll continue here. The third one here, the fourth one here in case you're drinking that many wines, but we are going in this direction.

Bread Etiquette

Essential Dining Etiquette

How do we eat bread elegantly? First of all, I want to show you where the bread plate is located because that happens quite often that people take the wrong bread, play them, take the neighbors bread plates. Instead, remember this ladies, the bread plate is always positioned on the left. You will also have the bread knife positioned vertically like this, and always place it back vertically. After you have used it in many formal restaurants that will perhaps be somebody who comes with a bread baskets and offers you a bread. You select the bread and then they place the bread on your bread plates. In some restaurants, you have a breadbasket placed on your table like this. You can then at any time, choose your bread. I would personally choose the one that is closest to you. I wouldn't start digging into breads and by mistake, start touching other breads. That's not an elegant way of choosing a bread. Now comes a moment where a lot of people make a mistake. Many people think that they can make a sandwich at the table, but that's not elegance and not appropriate. Whenever we eat bread, we have to break off the bread in small pieces like this,

We do it on top of the bread plate, and then we take it to our mouth. If you want to have butter with your bread, you take your butter knife. You take a piece of butter and you put it on the bread plates. Then you take your bread again. You break off a piece And then you butter that piece individually from the butter on your bread plates. And then you eat it.

[inaudible]

A few notes. When it comes to eating your bread, be aware that if the table setting is in French style, there will actually not be a bread plate and believe it or not, you will be placing your bread directly on the tablecloth like this it's fully normal. So don't be surprised. And don't panic. It's the way the French eats their bread. The tablecloth is supposed to be so clean that you actually don't need to have a bread plate, but don't forget that the bread has to be on the left hand side and it shouldn't be anywhere else on the table. If you have some other types of bread, let's say you have breadsticks or some form of crackers that arrive to the table. Sometimes you might also have some, or if you're dining in an Italian restaurant, they might offer you all of oil and balsamic vinegar on your bread plates. In that case, you just follow how it's done. You take a piece of bread, you break it off and then you simply dip it into the olive oil and then you eat it.

Yeah,

Crackers and breadsticks. You take to your bread plate as if you are serving yourself a piece of bread. And then you also break off piece by piece. As if you are eating breads, please be aware as well. When you are eating scones in an afternoon to you, the scone. So it should be eaten the same way you break off piece by piece and add whatever you want to add. And then you eat it at no point. Do we ever make a sandwich? This is something that you have to stop doing. If you tend to do it from time to time making a sandwich, it is not elegant. Or let's say eating in a sandwich style away is not elegance. One more thing, ladies, what do we do with the bread crumbs? Because there will be

breadcrumbs. And I don't want you to sit there and start cleaning up yourself. You will have a member of the staff, a waiter who will come and remove the breadcrumbs. At some point, you don't have to worry for that. But of course, please try and not make too much of a mess, which is why we break off the bread on top of the plate.

How To Eat Elegantly

Essential Dining Etiquette

Now comes the part that I know a lot of you have been waiting for how to actually eat correctly. And like I mentioned, I will be teaching you British style of dining etiquettes. So in British style, we hold at all times the cutlery in this type of way, the fork will always be in the left hand and then knife will always be in the right hand. And at no times will this ever change and you will have to eat with both of them at all times, too. This is very rigid in the sense in the more casual dining etiquette style, which is French style, you are actually able to eat with just one piece of cutlery, which will be the fork, but not in the formal British style. What's important when you hold the cutlery is that you hold them so that you're not too close to the area here in the front.

You want to hold them a little bit back. So it looks a little bit more elegant when you operating. Please note that I took now the starter knife and fork. As here I have a main dish, I will actually be using the main dish cutlery and they are a little bit bigger in size in my dish today, I have a piece of meat, which is the protein, and please note the protein should be always positioned in this location of the plate. It shouldn't be positioned here or here. It should always be positioned closest to you. This is also applicable for fish for chicken, but whenever a dish is separated between a starch, vegetable and protein, the protein should always be in this location. So as a meeting meets, I will be having a steak knife.

And the cutlery for the main dish are a little bit bigger. Meaning that when I hold them, I make sure that I don't hold them too close to here. As I explained, we're holding them a little bit more out here. Just looks more elegantly. We don't want to be too high up with our hands. We want to be in this position. Please note that when we're eating British style, the tines of the fork always have to be pointing down. We do not eat like this. This is an incorrect way of eating and we always have the fork in the left hand. So when we load our cutlery, we always start with the protein first. And that's simply because it's the chunkiest piece. And then we want to build upon it.

Yes. Then we might want

To take something else. And this is what I mean that we build upon it. That might be also a little bit of sauce that we want to add. So that's how it's done. There are no set rules. How many times you have to eat or shouldn't be eating before you take a break. But I would personally not just continue eating, eating, eating, eating with no breaks whatsoever. I will take a few bites and then I would rest my knife and fork on the plate. Another common mistake that I see so many do. And I want you ladies to stop doing this. That is to do the Robocop. This is not elegant. Yeah. You just simply need to stop doing this whenever you want to rest your knife and fork, you do an inverted view. It might be a little bit tricky depending on plate. I have a bit of a rounded plate today, so it's a little bit more tricky, but usually most of the plates are flat. So it's much easier. And then you simply, maybe you having a conversation or you just taking a little break, you put your hands on your lap and then you take your break and then you resume. And then you continue.

[inaudible]

Ladies. I need to, for me, one important thing, and that is that there will be dishes that are very difficult to eat. British style. Rice is one of those things. It is difficult to load your fork rice or some other form of foods, but you just simply have to practice it in the finishing school. And when I went, we were taught British style and we simply had to train on all kinds of complicated foods. And after a while you get a hang of it. But what you need to understand is that you load your fork with the tines pointing down, and that's no other way of eating the British style. Even if it's difficult to not get him to, to turn your fork or change hands with your cutlery. The most formal dining style is going to be British style. So for this reason, it's really important that you perfect and learn this way of eating so that you

can feel confident in any form of social setting, meaning that you will be able to eat with the queen because she is British style. So start practicing already today. I want all my elegant ladies to eat British style at all times. It will be a little bit frustrating in the beginning. And as sometimes it will also be a little bit annoying, but as soon as you get a hang of it, it will feel like second nature. And then you won't even have to pay attention to how you hold your cutlery after awhile or how you load your cutlery, because it's going to be second nature for you.

How to End The Meal Elegantly

Essential Dining Etiquette

We're now going to talk about how to end the meal elegantly. So let's say we are finished eating. What is appropriate? Should we finish all of our food? Even if we are not hungry anymore, can we leave food behind or is that rude? It depends a little bit on the culture, but generally speaking, it's absolutely fine to leave food behind. Of course, there are some ethical reasons to maybe why you should try and finish everything you have put on your plate, but if people have served you, or if your food arrives portions, then of course you cannot control how much food has been placed on your plates. In that case, you are free to eat as much as you want. And as much as you don't want, there's no pressure to finish your food. But if you're serving yourself, for some reason, maybe you are a buffet or you're passing dishes around and you are sharing foods, et cetera.

Then place only the amount of food that you will be actually finishing don't over-serve yourself and everything that you have placed. It will be a good etiquette to finish that. In this case, I was served the food and I do not want to finish my food. So I'm going to end the meal now. And how do we do it with a cutlery British style? It's always at six 30 that we placed the cutlery. And as you know, in British style, we eat with the pongs down. But when we close the cutlery in six 30, we actually changed the position of the pongs from down to up like this.

If you are dining in a different style, then you might not finish at six 30, but since we're focusing on Berkshire style today, I want you all to remember that this is the position, how you end your meal in the most formal way, pongs up ladies. So then after you have finished your main dish, there will be dessert. There will be coffee, dessert might be optional, or you might come as part of your set menu. Oftentimes dessert is being shared among maybe you and your dates or among you. When the others, sometimes you can also of course, or do you own desserts, but it's just a common practice that many people like to share desserts. And that was the time to pay the bill. But how do we know who will pay? It really depends. Ladies, if you are there in a date, the most likely your dates we'll pay the bill.

If you're there in a business setting and you have been invited out by whoever it is in the business setting, then that person is going to be inviting you. If you're just going out with your girlfriends, then maybe you will be splitting the bill. So it really depends. Of course it might be tricky to, but usually you will understand when the bill starts going around, or if people are mentioning that they will be taken care of the bill, a tip is always a must to leave LLS. There is service charge included. It all depends on countries in places like America. Then you always tip usually around 20% in Europe, the tipping is oftentimes included with the service charge added already on the bill, like in the UK. But usually you will add between 10 to 15 to 20%, depending on how satisfied you have been with the service.

Also, ladies, don't forget to always say thank you to those who have invited you for this dinner or those who have paid for the dinner. Lastly, ladies, and this is something that I see sometimes, and I don't want you to be doing this. If you haven't finished your food, it's not very elegant to ask for a doggy bag and take your food or leftovers with your home. I know that in some cultures, they might be a trend of doing this, but if you're a dining in formal restaurants, it is a bit of a no, no, to do that because it just looks a little bit odd. So do not do the doggy bag mistake. So ladies, I hope you have now a better understanding of how to eat in a formal way. I will be adding some additional notes that I want you to go through because ultimately what dining etiquette is, is to feel confident when you eat and you don't put people off with any perhaps mistakes that you might do, but I don't want you to feel very stressed that everything has to be picture perfect when you're out dining.

It doesn't have to be like that. Even affluent people in high society eats with dining etiquette mistakes, but as long as you're not putting other people off, and as long as you're following kind of what the others are doing, those who are doing it, right, I'm saying then you are going to be fine. If you're ever unsure, if you're doing something correctly or not, it's absolutely appropriate to look at the other people and see what they're doing and just copy them. That's for instance, as an example, that's a hack that they taught me. I finishing school. If you're ever unsure, just look at the others and follow to not make a big fuss side of things to not start excusing yourself or get nervous because etiquettes is not that strict, why we want to learn it is so that we feel confident. And I hope that after today's lesson, you feel much more confident and at ease, whenever you are dining in any social setting.

Elegant Deportment

Annas Posture Training

Elegant Deportment

So good posture. Don't we know by now that this is one of the key, fundamental reasons to exclude elegance, femininity, but actually also confidence. When you have good posture, when you are upright, when you have an elegant demeanor about yourself, you are definitely going to be signaling things to people. You're going to leave a certain impression, and you're actually going to tell a lot, would it be this type of body language who you are without having to actually say anything verbally? This is why body language is so powerful because we speak silently without using words, things that we want to tell a message about. And the posture is probably one of the most important things that you will have to learn when it comes to body language. I know that many of you are already aware that good posture is key and you probably know already how good posture looks like when somebody sits up, right?

When somebody is straight and not hunching and not being masculine or, you know, these types of things. But in this video, I want to just go over the basics of posture and how to achieve it, because there's going to be a lot of videos that I will be referring to, you know, straight posture. So instead of having to explain it in every video, let me explain it here. Before I start though, I want to tell you a little bit about posture and how it works because I myself have a background in dancing. So I have had very good posture. However, in the recent years, my posture has actually become a bit worse and it's really sad. The but's it's because of my current lifestyle. And this is something that I want to make you aware of the fact that number one, you're not born with the posture number two, just because you've had good posture once doesn't mean you're going to keep good posture.

Forever posture really comes and goes, and you always need to maintain it to have it. I am currently in the phase where I actually have to really work on my posture and it is an ongoing process. And it's also really frustrating because I used to have really good posture, especially when I was active with dance active with also horseback riding helped me with posture. And yeah, when I didn't have my laptop lifestyle, because that's actually what has contributed to my about posture and majority of your bad posture to the fact that we as humans sit in front of a desk like this for at least eight hours a day. I personally currently have been sitting for 10 hours, 12 hours in the last two years. Yeah. That's because I have a new born baby, my, my little business that I've been nurturing, but hopefully soon out of that stage, because I definitely want to get back to my old posture.

Not what is it that happens when we are sitting in front of a desk or a computer for so many hours? Well, number one, we are sitting oftentimes in the bad posture, we relax all our muscles. We don't activate them and this is not good for our muscles. And then many of us, we don't go and train our back muscles as a compensation for our office lifestyle or a laptop lifestyle. So this is where bad posture comes from for many people, but you can also of course have other reasons to why you have bad posture, but without spending too much time on the why we have bad posture, I want to really jump straight into how we can improve this because ultimately there are two ways on how to improve your posture and they really should be used together these two ways. So the number one is what I just told you about.

You probably have bad posture because you have weak back muscles. So your back muscles are not engaged. They are resting or they are, yeah. They're not engaged somehow. So you need to, first of all, activate them. Now you also need to have stronger back muscles, right? Because if you have strong back muscles, it will be easier for you to actually keep your posture and stay like that without even having to think about it too much. Now, the second thing is, as you already know, method of awareness and method of awareness really helps with posture because we become aware that, Oh, I'm sitting like this right now. I need to adjust myself. So we sit like this. Instead I work a lot currently with method of awareness, for my bad posture issues. I do think about it a lot when I'm out and about when I'm hanging around at home to be thinking, how is my posture right now?

Am I slouching? Am I being too relaxed? I need to really engage with my back muscles. So that's basically the secret sauce to good posture because how it works. Let me just show you is that we have muscles that go all the way here, right? And they need to be engaged. We have here muscles that are called lats or lats muscles, and that will be referring to this muscle group over and over again, because when you need to correct your posture, you really need to do certain things that I'm going to explain to you in a second, but you really need to connect with your lats muscles. If you are unsure of how this is supposed to be. My tip for you is to book a few personal training sessions with a personal trainer who is educated in muscle groups, because you have a few who are, yeah, there are personal trainers, but they don't actually know that much about training and muscles as you would, as you would think that they would because in the gym, there are sorts of machines where you will be training.

Let's say, I think there are some machines like this or like that, where you are training your lats muscles. So you are training them. You're activating them. And that's a really good exercise to do for your posture. So please incorporate this in your gym routine. Ladies, you really need to train your back muscles. Don't worry. You're not going to become an Arnold. Schwarzenegger here because we, ladies, we don't have to worry about bulking up here on the back. The back is really important to train of all ages. Even if you are a senior member of society, you really have to because the back is what we will be suffering with later down the line and the stronger muscles you have the better for your health. So at the gym with your personal trainer, he will be able to actually explain to you properly how to feel this connection with the lats muscles when they are properly engaged.

I personally, when I feel connected with them, I just feel them. If that makes sense, that's how I can explain it to you. But a personal trainer might help you. Um, if you're finding it difficult to kind of reach that connection. So when we are going to improve our posture, I'm going to tell you that this is the syllabus. Obviously you straighten up your back, you roll your shoulders back. The shoulders have to open up. I have a tendency now with my bad posture to do like to have my shoulders forward. And this happens ladies, because of all the hours. I sit at my desk and laptop lifestyle. But when I didn't use to spend that much time there, I used to be more open. You see more like this. So I'm trying all the time consciously to open myself up, not easy I'm so I don't have perfect posture anymore, but slowly by slowly, we're trying to get back there again. Okay. So this is what I continuously do. Roll the shoulders back to open up and keep them here. So my back is straight and as my back is straight, as I've straightened myself up, I connect with my lats muscles.

Okay?

So I feel a connection with them. Then you have to make yourself feel tall by having a little string here that pulls your head up. And then you think about this neck that's supposed to be long and your chin should not be hanging around. Somehow. It should really be like at a good level. We don't want to have the chin up. We don't want to be snobs, but we do want to have it somehow like this. And that's really good posture basics. Ladies always straighten up your back and connect with those lats muscles, roll your shoulders back and keep them there and open them up. Pull that string from your, the top of your head, put your chin up and make your neck long surreally the basics. And I will be referring to this basics over and over again in this module. So whenever I will be referring to my posture training, this is what I'm talking about.

How To Sit

Elegant Deportment

I want to show you how to sit like a lady and how to sit in the most formal way. First of all, I want to inform you that there isn't just one way of sitting and there isn't just one way of sitting elegantly. For any situation in this video, I am going to teach you how to sit in the most formal and elegant way, but please understand that not every situation or surroundings do you have to sit like this? How I am about to teach you the reason why I want to teach you how to sit in the most formal way is so that you can use this for whenever you notice that the situation requires you to put on your most elegant and formal self, but I'm also aware that majority of us, we are in semiformal occasions, we might also be in casual surroundings.

Maybe we are hanging out casually with our friends. Then it's not required for you to sit in this formal way that I'm going to teach you. So I want you to understand the art of flexibility. I'm of course, going to mention what is a casual appropriate way of sitting, what is absolutely not appropriate. And then what is very much appropriate, the most elegant of formal way of sitting with this way of sitting, you will be comfortable enough to be around the queen and not feeling out of place. So let's talk about the don'ts first, because there's a lot of don'ts, there's a lot of sloppy ways of sitting, even in casual settings. Now

Getting a little bit too comfortable in the chair, putting your heads back, really slouching with your upper body, putting your elbows on the armrest. This is not very elegant, and this does not look feminine at all. Also, if we would have our legs kind of separate, not good to look for a woman, we need to really be cautious about how we place our legs. But I am going to talk about that in a second. So this looks like a very sloppy way, even for a casual setting. Now, a formal way of sitting would be to obviously straighten up with your posture, making sure that you have the posture in order. And we have spoken about the posture so much, so I'm not going to cover those basics. Again, the importance also informal sitting is that you are not resting your back against the chair. Now this is okay. If you are in a casual setting, you can absolutely then rest your back. As long as you're not slouching and resting, you are still keeping your back straight, but you're arresting it towards the back wrist. But in a formal setting, you have space between your back and the backrests exactly how I'm sitting right now.

You are continuously connected with your back muscles. As I've mentioned, we want to feel those lats muscles really connected. They will go on autopilot after a while with some training. But in the beginning, you really have to focus on with your mind to connect with the back muscles and really feel that connection throughout you will feel a little bit uncomfortable and stiff in the beginning, but truly ladies, you will get used to it. As I mentioned about the legs. Ladies never sit with their legs apart. We don't do it because number one, it's very masculine. Number two, you can sometimes see in under our skirt and we don't want to have a situation where we flash ourselves. We want to be modest and we want to hide what we've got the most formal way of keeping your legs. You probably have heard of the expression of the Cambridge cross or the Duchess slant because the Royals, they always sit with their legs in this position. Either they do a little tilt with their legs together on the side like this, or they cross their ankles and sit like this.

It's up to you. How you feel the most comfortable. I personally prefer the cross. I feel like it looks a little bit less formal yet. It looks very formal and elegant. So I think it's a good mix instead of doing this usual, this one. Now what about the cross leg? The one that I have right now, is it appropriate or not? Not for a formal setting. Ladies, you can sit like this in a semi formal or casual setting, but I need to warn you. If you're wearing a skirt, you are automatically going to have your skirt to be pulled up like this when you are doing the cross. And this is where things get tricky. This is why I don't really recommend you to sit like this.

If you have a skirt that is shorter than the knees, my skirt is actually quite long. So I would be able to technically sit like this and still look appropriate. But if I have a shorter skirt is going to climb up and this is not going to have a good look. And the worst is actually, if the skirt goes up all the way here, you will start seeing this. And you can also start seeing cellulite as your leg becomes pressed against the other leg. So this is really not a good look and probably one of the most common sitting

mistakes that I see ladies do.

A more elegant way of keeping your legs crossed when you're sick is to actually sit like this. You do see the Royal sometimes to sit like this in a more casual setting. I would say it's acceptable to sit like this in a formal setting, but if you want to keep it safe, do the Cambridge cross instead

[inaudible]

This will definitely go along in front of the queen in front of your grandparents, in front of your boss, in any form of business settings, business meetings, very formal events. And any time when you have to act with modesty, elegance and sophistication. For me personally, this is definitely a safe bet. Wherever you go. Even if you are in a more casual setting, even if you are on a date, let's say this one might make you feel a little bit too conservative and maybe a little bit of [inaudible]. I would say definitely do the Cambridge cross to add that little feminine touch. Cause you want to show off your ankles after all and really kind of put your foot in front of the other. It always looks very flattering and always also elevates your leg when you're sitting down. So having said about the feet and the posture.

Now what about this? Because we do one to look elegantly also with our hands, a common mistake that people do when they want to sit formally is that they rest with their elbows on the chair. And this doesn't look very elegant in a formal setting. Now in the casual setting, you can absolutely arrest your elbows. It is a very casual way of sitting, so it's fine. But again, if you want to be safe rest, instead, your hands on your lap can just press them together like this. Or you can do something like this on top of each other.

I personally like to hold them together. Can also do something a little bit more feminine, resting the wrist on top of each other, but make sure all the time that you're keeping your connection with your back muscles so that you don't end up sitting like this or like this. Because as soon as we start relaxing by putting our hands forward, it's easy to do this slope that does not look good.

How To Stand Up

Elegant Deportment

Now, what about if we want to stand up from our chair, there is an elegant way of doing so, and there is a not so elegant way of doing so the not so elegant way would be something like this.

[inaudible].

So what did just happen there, helping yourself up

And then also like adjusting your clothes when you get up, that is not very elegant. So an elegance way of standing up from being seated, you already start preparing yourself by not resting in your chair by already sitting up straight with a space behind your back and already feeling the kind of pressure that you need to have in your feet to really push yourself up. Because here you really need to use your muscles in your legs and in your core to get yourself up in a very efficient and gracious way, instead of having to help yourself up like an elderly. So how would this look in an elegant way?

[inaudible]

The trick is to already, when you're sitting down leaning a little bit forward to gain that momentum that will help your core, get the strength to pull you out of the chair. And at the same time you use your feet, placed them as close as possible to the chair to have that support that will efficiently get you out of the chair without having to do very big movements.

[inaudible]

And as you noticed, I didn't adjust my clothes because it's just not very elegant. If you can do it a little bit discreetly before you stand up, that would be ideal.

How To Sit Down

Elegant Deportment

I actually want to show you as a last note on how to sit down elegantly, because there are two ways of how you can do it. The non elegant way that I will show you the first time. And then the second time I will show you the elegant way. No, what happened there? First of all, I gave my back to the room and I also just threw myself into the chair. That's a very sloppy way of sitting down. There's a more elegant way of sitting down, but I'm going to now show you.

So you arrive at your chair. You don't give your back. It can be a little bit on the side like this. It just looks a little bit more refined than giving your back. You take an elegant step forward to your chair. Turn yourself with the back towards the chair. And then you elegantly sit down, not rushed. You don't throw yourself. You position yourself. How you going to be seated when you are standing up, you prepare to sit up already. When you are standing up by positioning yourself with your back towards the chair and your bottom towards the chair. And like this it's easy for you to elegantly. Just sit down graciously without having to do movement, do turns and throw yourself into the chair.

How To Stand

Elegant Deportment

Let's talk about how to stand elegantly. We have spoken already about keeping a good posture, an elegant posture, a confident posture and the feminine posture. But now I want to focus on what to actually do when you're just standing up straight normal. We're going to focus more on what to do with your hands and what to do with your feet, because the posture remains the same. It remains upright. Shoulders pulled back. The last muscles are connected and we feel like there is a string pulling up our head. So that's the basics that we have already covered. I'm not going to go too much into depth into that. So let's talk about what to do with your hands. When you're standing up straight. Some people, they don't really know what to do. They feel almost awkward, and there are some body language gestures that will also signal certain things to people, depending on what you do with your hands.

I'm sure a lot of you know that you shouldn't be standing like this because like this, you will look like you are closed off to people, which is not really a good look. You don't really look outgoing like this for this reason. I definitely recommend that all of you open up and avoid doing the cross arm. Look now there is a common one that I don't recommend doing. And that's anything like this because touching yourself like this, it's the same as crossing your arms. A lot of the times people also feel more comfortable putting their hands into pockets. I wouldn't say it's too bad, but it's also a little bit closed down now for me personally, let's say I'm at a networking event and I'm just standing up straight. Like I am doing right now. I would actually hold my hands like this, the way I'm holding them right now.

If I have a drink or something in my hand, like I have right now, even better, it makes it feel and look a little bit more natural. But even if I have nothing in my hand, I can just stand like this. And it just looks very elegant. You can also just have your hands kind of resting more towards the ground. I wouldn't personally have them just hanging like this because it kind of just looks like you are, well, it doesn't signal any elegance and it doesn't really signal any femininity and not even much confidence if you think about it. So keep your hands, maybe something like this, or maybe something like this. Okay? You are in a business setting. You can also keep your hands like this. If you feel like you don't know what to do with your hands, that's also absolutely fine and common. A common thing. Actually people do when they're presenting. Now, what about the feet ladies? Because this is what a lot of ladies do. The mistakes at what I see, which I don't want you to be doing is to stand with your legs separate.

When you just stand with your legs, with the space in between, just straight like that, it doesn't look very feminine. And it also doesn't look very confident. I would say it's almost going towards the masculine side. Something that would definitely make you look no confidence at all. That's if you

start to pool your toes in the words like this, that doesn't signal confidence at all, an elegant way of placing your feet would be of course together. But I wouldn't just have them straight together like this with a toes pointing straight forward. I mean, you can, but I wouldn't say this is the most feminine way of standing, but this is definitely acceptable and elegant. Always think your feet together and your ankles together. Now what we'll add some more femininity and elegance to when you stand up straight is if you actually pull your ankles a little bit together like this.

It might not be very comfortable standing like this for a long time. So my suggestion would be if you actually place your foot a little bit in front of the other foot, keep ankles together like this. This will definitely be a more comfortable way of standing up straight for a longer amount of time. Cause you actually getting a little bit of support for the foot that is placed in front of you. And the benefits is when you are standing with your foot in front of the other foot, you actually end up looking taller as a result. So that's a common trick that I use in photos. I always place my foot a little bit in front of the other to make myself look more tall and more elegant.

How To Walk

Elegant Deportment

Ladies, how do we walk elegantly and feminine? Of course, a lot of women find it difficult to walk in heels. So we will also be covering that, how to walk in heels properly. Now, as I already spoken about posture before the basics for a good walk to stand well is to have a good posture. And we've covered that already. So I'm not really going to go into that. So remember pulling your shoulders back, connect with your lats muscles, pull up your head like as if there was a string on top of it and then stands straight with your back. Now that's the basics for when we're going to be walking, cause we need to keep this posture, but I'm going to now demonstrate a few. Don'ts when it comes to walking and this, I see everywhere, I've also done my share, walking mistakes, walking like this. So let me show you a very common mistake. I see people who have sloping, shoulders, and ladies. This is a very common mistake for when you are lapsed. Muscles are not connected when you're not engaging those muscles. This is how usually people look

[inaudible],

That's not very elegant. Your back has to really be pulled back and you really need to have that connection with those lat muscles that I've spoken about. Because as soon as you pull your shoulders back, connect with these muscles, here you go from, from this, or even just like this to really be very straight. But the only time you can actually keep yourself like this is when you are connected with these lats muscles here, feeling the connection and not letting go of the connection. It will become second nature to you. As you keep practicing and working with the method of awareness to make sure you don't forget and ends up like this. We become like this when we lose contact with those lats muscles. And this is the most common way of why women have bad posture because they just disconnect with their back muscles. So let's connect with the lats muscles, pull our shoulders back, straighten up our head. And this is how we will look when we walk with good posture.

[inaudible]

So we've spoken now about the posture and how important it is to keep your back straight and really connect with those back muscles. This is important in everything that we do when we sit, when we stand. But of course also when we walk now, let's leave the posture and actually go into the hip action because the hip action is what will really create the feminine walk. Now I'm sure a lot of you have seen catwalk models walk down the catwalk. And actually I would say they're good people to take inspiration from, but please note ladies, when the catwalk ladies walked down the catwalk, they do exaggerated movements and they don't want you to actually walk down the street like that. We just want to add a little bit of that touch, but not going all the way like a catwalk model would walk. So what I mean is we're now going to add a little bit of hip swing when we walk, because a lot of the times I see ladies have zero hips swing whatsoever, and it just looks very stale when they show you, they just walk like this.

[inaudible]

Ladies that doesn't look very feminine or elegance. Really. However, if we add a little bit of hip swing, this is how it's going to look

[inaudible].

So how do we add that hip swing? And I can tell you that for somebody who is not very connected to your own body, I know that it can be quite difficult. I personally have dance backgrounds. So for me, it's very easy to connect, uh, when I moved my limbs and so on. But one of the things that really helped me when I learned how to walk in heels and how to walk more feminine was actually to look at catwalk models and then to also replicate what they do in a mirror. So what I would do is that I would put up a mirror in front, like, let's say we will put one over there and I'm walking towards there. So I want to see myself straight from the front, how it will look when I walk and then I would also have on a TV or a computer, um, a catwalk with video and they see how the catwalk ladies walk. And then I look at myself and I start to replicate and they'll want you to actually start doing this practice and start practicing at home. So you simply look at the models and then you look at yourself and you try to somehow replicate

[inaudible]

After a while, you will get a hang of it. The importance is to start thinking about that. There has to be a little bit of hip action and how you do it is simply by connecting to your own hip. Mentally, there has to be that kind of mental alignment, um, from, from brain to hip, because then it will be easier for you to actually start having a little bit more of a momentum to basically just add a little bit of that momentum. And I'm going to show you with a very exaggerated way just to illustrate for you.

[inaudible]

What really helps with having a little bit of hip action is actually when you are walking in the straights align across like this, you will see this with catwalk models as well. If you really look, all of them will place their feet right in front of each other, as they walk down,

What happens is that naturally as you're walking in a straight line and you place each feet in front of each other, it kind of forces the hip to almost move a little bit more than if you would have just walked without going in a straight line, not lastly on the walking part. And I know that a lot of you find this to actually be the most difficult part, and that is how to place the feet correctly. Now there is a rule for when we're walking in heels and I would say generally speaking, we do not place our feet flat. When we walk, we do not walk with our toes first and then heels last. We always walk with our heel first. And then with our toe, of course we don't do it in an exaggerated way. We do it in a very natural way.

[inaudible]

Then what's really important is to also think about the size of your steps. Now you can have very long step, But then it will look like this.

That's not very elegant. When you walk in heels, you will naturally take smaller steps. So keep that in mind. When you put on those heels that you are not supposed to walk with equal long steps as if you are wearing your sneakers. As an example, we naturally shorten our steps with heels because of the discomfort of heels. And because you just cannot take long steps in heels. Now, I wouldn't say you should take very short steps either. You don't want to have this one, like this is not elegant, have normal length steps, but just a little bit on the shorter side, especially when you're wearing heels. If you're not wearing heels, you have as comfortable a length on stride as you want. Just make sure that it's not too big of a stride or too short to find that balance. I would suggest something like this is a good stride length

[inaudible].

So when I spoke about how to stand elegantly, I spoke about the importance of how to keep your ankles together. And we are going to do the same when we walk. When you keep your ankles apart, you end up looking very masculine and almost nonchalant when you keep ankles together

And you walk and it's almost like you lead with your ankle forward, it just looks so much more feminine and elegant. Alright.

How To Enter A Room

Elegant Deportment

I want to show you how to enter a room elegantly and how to open and close a door elegantly. There are some do's and don'ts around that. And I'm going to start by showing you the don'ts of how not to enter a room or open and close the door.

So we don't want to walk in like this and give our back to the room, close the door, and then walk in with no presence. Ladies, as you could see that it was not a very elegant way of entering a room and neither did I have any presence. There was no confidence. There was no femininity. There's just lacks elegance in general. Now I want to show you how I would personally answer a room, open the door, close it elegantly behind me without actually giving the back to the people in the room, because that just looks a little bit rude. We want to showcase ourselves to the people and we want to walk in confidently and elegantly. So let me show you

Now what changed. First of all, I came in with a smile. The smile is very important because that signals confidence. I'm also very upright and I have a proud way of carrying myself of having a proud, open body language that signals confidence, because I couldn't be just, sinking like this with no facial expression walking into the room and people will not notice me, but if I have a smile, I am upright. My body language is open. My shoulders are back. My head is up. People take notice. And that's the also assault. When I closed the door, I didn't give my back to the room. I closed the door a little bit elegantly. Surely I'm moved myself a little bit, but not too much. We don't want to show them our whole behind. And that's the whole purpose of entering a room elegantly. And that's basically the secret to when you open and close the door elegantly.

How To Walk In Stairs

Elegant Deportment

Ladies, there are elegance and non elegant ways of how you can walk in stairs. And today I want to show you how to walk elegantly and like a lady. So, first of all, I want to show you how to walk up a stair because some people just take it for granted that we can just kind of walk it up without even thinking about it. However, I want you to start thinking about all the gestures, all the movements that you do, because those are the details that I keep talking about in my program. That is so important that you perfect. So let's start by walking up the stairs and I'm going to first demonstrate for you. And then I will explain it for you exactly what I did and what you shouldn't be doing. So let's walk up the stairs.

[inaudible]

Ladies, did you see what I did there? I'm going to explain now because a lot of the times I see that people walk up the stairs like this. That's not an elegant way of going up the stairs. Ladies, I'm going to show you now how to walk up the stairs correctly. So we walk up only on our tiptoes with our ankles together. Like this

[inaudible]

Another don't ladies is to not rush up the stairs like this

[inaudible].

And as you do it, hunching your back like this. That's not very elegant. If for some reason you feel like you have incredibly high heels and you feel like you're going to have lack of balance as you walk up the stairs. Of course, when you walk straight up like this, it might be a little bit difficult for you to keep that balance. Another solution would be to go diagonally in this type of way

[inaudible]

But I would only do that if you really have a difficulty balancing, I wouldn't say that that is a standard way of walking up the stairs. There is another common dome that I see many do can also look quite masculine and they don't want you to do it. The slow one when we're like dragging ourselves up and

going very wide feet type of motion, that looks very masculine and yeah, not very refined. Ladies gone, forget to keep your back straight. Exactly how I was speaking about in the posture, uh, in the how to stand, how to walk. You really have to pull your lats muscles together, as I've explained it and walk up with a straight back and good posture, even up the stairs. I don't want to have any hunches, even if you need it to keep balanced, please straighten your back up. When you walk up, actually when you connect your lapse muscles, it will really help you keep balance and feel like you're grounded.

[inaudible]

Ladies. When we walk up the stairs, we make sure to tip toe up the stairs basically. But when we walk down the stairs, then it's kind of almost like reverse psychology of, from what I explained to you, how to walk in heels and how to walk elegantly. Because when I spoke about how to walk elegantly, I told you that you have to walk first with your heel and then will your toe. But when you walk down the stairs, you cannot walk first with your heel and then with your toe for safety and for your own balance, you have to walk first with your toe and then with your heel, I'm going to show you how to do it. So first, would you tell them when your heel toe, heel toe, heel toe, heel, toe, heel, toe, heel, toe, heel, and toe heel, and that's it. And please note ladies, keep your ankles as close as possible at all times when you walk up the stairs and when you walk down, because that will look the most elegant ladies, I'm going to show you a few don'ts of how to not walk down the stairs. Elegantly. This is how non elegance women walk down the stairs.

No, no, [inaudible]

No ladies. Again, if you find it difficult to keep balance, you always have the option of walking down a little bit sideways, but I would only use this option. If you feel like you're going to fall where your heels are somehow too high, or the stairs are too steep. Ideally always walked down in a straight line, but you have second option as a parachute of doing the diagonal.

Elegant Conversation Skills

How To Improve Your Speech

Elegant Conversation Skills

Now let's talk about elegant conversation skills. In this video, I wanted to focus on the kind of actual speaking part, meaning how you speak, how you sound, et cetera. And then in the next video, we we'll be talking about actually more what to say and kind of conversation skills. But first I want to actually share a little bit about my own, the speaking journey. And this is actually a, not a good idea to share because now everybody's just going to be thinking about all the things that I'm about to mention, but Hey, here we go. I need to use myself as a case study after all. I've never felt confident in my speech, never. And I would say of all the areas where I lack the most, I personally would say, it's definitely my speech. And it's even more challenging. Since I run a business, I run a hobby where I communicate in English, which is not my first language, meaning that I speak with grammar mistakes.

I have not the greatest accent. I don't know. It's a mishmash of all kinds of different things. And I also have a limited vocabulary. Is there for also very difficult for me to make this video, which is about how to elegantly speak. Cause quite frankly, I don't think I am the best person to ask that because it's one of my weakest points, the speech. But I would also say though, that even though it's far from where I want my speech to be you, I definitely think that I have improved. If I look back from when I was in my twenties, then definitely I have improved certain things. So just want to kind of start there because I know some of you probably feel a little bit insecure about maybe it's your voice that you hate or because you have an accent or you're too shy to speak.

Clearly there are many things that might be imperfect in the way you speak. And I would say that it's actually probably the most common cause you don't often meet people who are a hundred percent perfect in their way of speech. But then again, you're not going to often come across people who are hundred percent perfect in their speech. I mean, those people are usually highly skilled public

speaking. People who have been trained and practice then, or maybe some are naturally gifted because you do have that though. I must say there are some people who just have a much easier time for expressing the self aware verbally. I personally felt that I always had an easier way of expressing myself written form. So when I created my YouTube channel, I think I've mentioned in many times that it took me about a year, a little bit less than a year, but almost a year before I released my first video, because I was just like filming videos and practicing and trying to improve my camera skills of speaking skills and presentational skills before I actually went and published my first video.

But with training and consistency does actually help and you do actually improve, but I am going to share in this video, some things that I have learned myself that has worked for me, I will also probably share maybe a few things that I'm personally working on right now, but also things that I have just heard and learned, etc. Of course, I would say if you are interested in sorting out certain specific issues that you might have, then you will probably have to really seek out somebody who is a voice coach or a speech coach, because usually these people are specialized in this. I wouldn't say that I can necessarily give you all the tools that you need. However, I need to tell you though that on YouTube, there is a lot of good material and videos about speech training, about how to confidently speak and so on and how to improve your way of speaking.

It might not be enough because I don't know how elocution work if it actually is possible to just learn it through some videos. But I do think that finding somebody in person who can help you with your speech, if you have some very specific issues, then definitely go for that. But we are going out to go through what is an elegance way of speaking and how could you perhaps improve your speech? I'm going to give you some ideas, but before we continue, I want you to think about why do you think the way a person speaks is important? Do you think it matters? How much of a priority should it have? Can it really define a person can make it or break it for a personal sometimes, especially if they want to be elegant. If you want to be an elegant lady, do you have to be sounding like an elegant lady or is there a little bit of room for movement?

Okay. So let me give you some ideas because I do think that it is important how you sound and how you speak. I have mentioned previously in this course how, when I saw this woman, once she was beautiful from afar and picture perfect. But as soon as she opened her mouth, the whole image I had portrayed of her just vanished out of the door and I changed opinion about her and it wasn't on purpose. It's also, you know, we do judge, just human beings. We all judge at the end of the day. But if you want to take your personal brand to the next level, then of course you have to take the details into Catholic. I always talk about it and taking your speech into account, assessing your speech. It is so important because there might be things in your speech that you are not aware of, but that people are picking up and they start judging you upon.

And those could be some bad habits that you've just picked up. I've picked up some really bad habits in the past with my speech and yeah, back then I wasn't the warehouse that was affecting me. But when I had my reality check, I definitely made sure to stop doing that. And it definitely helped me, you know, elevate myself to the next level that way. So my answer is, yes, you do need to improve your speech. If you have certain significant issues that is truly holding you back. And I am going to go through now a list of certain common issues, but also like how we should be speaking. But I still think you can be yourself and not be speaking like a Royal or I don't know, be very, be very formal. No you can. Of course you can be who you are, but it's about cleaning up certain things.

It's about becoming more aware of maybe what are big, weak points that need to be addressed. That's how I would see it because you might have a few flaws with your speech, which is fine. You can clean up which you can clean up. But if you have some issues with the speech that is really making a blockage between you and other people in you and networking, then that's becoming an issue and you definitely need to sort that out. Now, one of those things that I can't tell you if it's right or wrong, but this is how it is in our society. When we speak with a certain accent in a certain part of a country or world, I don't know that makes people judge to a stereotype sometimes and a stereotype that might not be true. And this is what I mean. I'm not sure if it's correct or not.

Now let's say you have an accent that really puts you in this box, a box that you're not happy with. A box that you feel is actually holding you back. It makes people get a totally different impression of

you than you actually are. Then yes, you should think about softening your accent. And that is usually a must to go to a voice coach of some sort, because I think it's very difficult to do that by yourself. But I think that could be definitely very helpful too, because especially if let's say, let's say you are living internationally or let's say you are living, I don't know. You've changed cities in the country that you live and you don't want everybody to know that you came from XYZ, that city, right? So definitely softening your accent will be really helpful then, because then you are a little bit more kind of neutral where it's not so distinctive where you're coming from or where you grew up.

Let's say, you know how I talk about how important it is to kind of, you can become whoever you want to become. So if you were, I don't know, born or grown up somewhere where that's not really who you are today, but your accent says so, and you feel that that's an issue for you. You feel like you just kind of want to get away from that then. Yes, definitely do that. However, I must say there are, of course certain people who refuse to change accent because they believe that I don't want to be kind of ashamed of where I'm from. Um, I'm going to keep my accent and, and that's absolutely fine as well. It's up to you. You don't have to feel forced that if you want to be an elite lady, then you have to remove your no, but you need to also be aware of the kind of complications sometimes.

Like if you, you have to pick your battle, which battle do you prefer? Because there might be these smaller bumps on the road that happened because people are putting you in the box. Let's say one of those things that we are not aware of is really how we sound when we speak, like, do we speak slow? Do we speak fast? The ideal is to speak at a normal tempo. When people speak very fast, that comes across a little bit unprofessional, almost like they're not very serious people. Maybe they are insecure as well, which is why it's actually almost more beneficial. If you speak a little bit slower, then a little bit too fast. However, if you are speaking too slow, then oftentimes it happens that people get bored with listening. Unless you speak very effectively, that makes people like, hang on every word that you say.

And, uh, yeah, you basically been a very charismatic speaker if you're able to do that. But there are people who speak in a very kind of boring, but not to most slow tempo. And it just, people disconnect and people find it very difficult to connect with such speakers. So yeah, it's not going to be beneficial for your networking life. So that's also very important that you assess when you are going to do this kind of personal self assessment of your speech. Do you speak fast? Do you speak normal? Would you speak slow? Now? What about the tone of voice? Because there are people who have a very high pitch and then there are people who have a very deep masculine pitch. And that was where here the teaching femininity so-and-so it is of course important to think about such a small detail. And this is actually something that you can regulate, believe it or not ladies, it has to do.

I mean, now I'm not a trained speech coach or anything, but I know that it has to do a lot when you're breathing. So this is something that you can definitely research more because there's a lot of elocution trainings online, like I told you and the speech trainings, et cetera. So definitely have a look at that. But yes, when you do the self assessment, think about your pitch. People often ask me if I have done something to my pitch and I don't know, I haven't really done anything to be quite honest. I, I feel sometimes I have a stronger pitch and sometimes I have a more softer feminine pitch. And I think it's normal that women kind of alternate between because sometimes we want to be a little bit more powerful and sometimes we maybe want to be a little bit more gentle. So we can regulate that, which I think is personally a really good tool to master.

Because of course, when you were with a man, he wants to have a little bit of a softer way of speaking, perhaps, especially when you want to get what you want. But of course, sometimes when you really want to be effective, let's say in the surrounding, when you want to come across as a feminine woman, but you also want to be confident then altering your pitch is definitely helpful without having to go all masculine. You see? So these things is something that you can already start training, just playing around with, in front of a camera, talking a little bit deeper, we're talking a little bit lighter, so you can just play around and see how that feels and very important that you film yourself, that you actually watch yourself and really listen to the differences. Now what about any articulation issues? And for me, this is definitely one of my biggest pain points because I struggle a lot with articulation.

I do have this really big weakness where I find it very difficult to pronounce things always had it. It's

terrible. Even sometimes in my mother taught I have a difficulty to be honest, but yes, it is what it is. And however, there are also other types of articulation issues. There's something called the vocal fry, you know, like talking like this. Uh, I don't know. I know I can't really well, I don't know. Some people say I have it, but, uh, when you, when you hear like this verb vibration, Kim Kardashian is well known for this vocal fry. I don't know exactly how it works. I can put a link in the description. Shouldn't where you can just go on YouTube and have a proper example of it. Or you can, for instance, be dragging on your words or you can have other types of articulation issue can also be breathing issues, reading properly when you speak.

So yeah, there are all kinds of different kind of flaws that you might have in your way of articulating, but it's good to start thinking about these small details. And I will talk in a second about video filming yourself, but that is definitely the way forward to discover all the flaws that you have, because how else are you going to know? Then we have the words and the vocabulary that we use. I think this is definitely an important area for everybody to start thinking about and to definitely upgrade because first of all, are you the type who's all the time saying like, like, like every second or, you know, you know, you know, also every other second, those are those type of filler words that we just literally need to cut out and throw out of the door because they're really not serving us. They make us sound less professional.

And trust me, this is something that I am currently working on. But luckily, because I am all the time on camera, it actually helps a lot. So anyway, we'll talk about the camera thing in a second, but there's also something that is called euphemism, which is basically a word for those type of words, where you are saying a harsh word in the more polite way. And you feminism are very important to learn if you want to become elegant. However, I must say though that from, from all my research on euphemism, there is not yet a good literature on this subject because I felt there would be some dictionary where you can have like the non elegant word and the elegant word. And that said, but no, unfortunately there is no such resource at this point. So basically you from is there are there to in particularly help you express kind of harsh, strong, maybe even rude words, let's say a person died.

Now we wouldn't say died. We would say a person passed away. Beth's euphemism, or you have to mention the word abortion. I mean, very harsh word. Then you would instead say pregnancy termination, or let's say for some reason you have to talk about sex, then you can say going all the way. So there are like ways how to go around certs in the words, I definitely think all my elegant ladies should not say the word toilets or Lu. I find that very not so well against at all. Instead you say, ladies, you say ladies room or the powder room. And of course there might be also euphemism for, whereas that might not sound very harsh in terms of, you know, like sex or abortion or die, but has still is kind of negative. Meaning, meaning that if you're going to talk about somebody who's overweight, you're not going to say that person is fat.

You're going to say that person is curvy or you're talking about firing somebody you say, instead of letting the person go. So it's about softening up your expressions. And I think this is a must for everybody. Obviously for me as a non native speaker, I can't really provide you the euphemism because I don't really know myself. It's not, you know, English is not my first language and there's a lot that I need to learn about in English. However, it would definitely be interesting for us to start having this discussion. Definitely under this video. I would love if you could even mention a few euphemism that you have come across and that you can maybe recommend what words to use instead, perhaps we could gather a list together. I think that would be quite interesting to do because unfortunately I have not found any good resources or like any books or dictionaries where you have all the euphemisms listed.

There's actually one book that I found. Let me see. The only book that I found was this book, wobbly bits and other euphemism over 3000 ways to avoid speaking your mind. But I don't really think this book is any good. It did not really cater for me. So I, I feel like I'm still a square zero there. However, my biggest mission with this video is to make you aware of this and perhaps to be able to point you in the right direction, because this is definitely not my biggest expertise area, but I do think it's still an important area and it's definitely an area that we should all be working on. And perhaps also putting our minds together, we might be able to create some interesting resources. So let me know in the comments, if you have any suggestions of euphemism and we can make a little homework out of it, because I think that would be quite interesting.

Now, lastly, ladies, how do we improve our speech? Because I did mention to you that you can go to a speech coach, you can take elocution lessons, you can also go on YouTube and get a lot of free videos on the subject, then definitely learn quite a lot. But the problem is that it's really hard to just change your speech from one day to another. And I talk from experience on this subject. I definitely think that for me, what has helped the absolute most is to fill myself and not only to put on a YouTube channel or, or to be some form of influencer, I'm really talking about really just for your own sake, filming yourself when you're talking in. Particularly when you're speaking casually, let's say you are discussing something. Maybe you're by yourself talking like this on camera, or you are sitting with friends and a friend is filming you as you're talking about something.

And then you rewatch yourself. And then you're really going to start picking up on things that you weren't aware of when you were talking. It happens to me all the time when I noticed that I said this, but I didn't even notice when I was speaking. And that's very common for things such as like, you know, those filler words, et cetera. We often do not even pay attention when we do this. So it's really a must that you film yourself because I don't see how else you will be able to become aware of your own kind of shortcomings in your speech. Cause of course you can ask somebody, but I don't know. You really need to hear yourself do these mistakes and you need to see them happen over and over again because only then will you be able to really adjust them. Now, as soon as we become aware of them, we start becoming a little bit more self conscious about them.

And that's actually a good thing because the self-consciousness usually triggers our memory and makes us reminded about, ah, I need to become aware right now if I'm saying this, which I shouldn't be saying or how I'm speaking right now. And that definitely helped me a lot. Watching myself repeatedly on video, triggered the method of awareness within me. So I am much more aware now whenever I speak and that has helped me a lot with the improvement of my speech, even though I still have quite a long way to go, but at least there has been a little bit of progress in the next year. The video, we will talk about the elegant conversation skills, because that is definitely the foundation that we need for our networking, that we will be covering in the week after. And there's a lot to say about conversation skills, because what should we actually talk about with people that we don't know, even the lead circles, and if we want to come across more elegance.

Vocal fry reference: <https://www.youtube.com/watch?v=R8mcBdBL-t0>

Manners In Conversation.

Elegant Conversation Skills

Now a subject that I'm very much familiar with because conversation, topics and conversation skills have been something that I have been really thinking about for many years, and also analyzing as I've been doing the research on elite women, especially in my early days when I first started hanging around the high society and figuring it all out. I noticed that there were some women who always seem to catch the attention of all the men, and it wasn't necessarily because of their looks, but sometimes it was because of their conversational skills. And then got me thinking, what does that mean? And what is it that do that makes them so successful full in conversation. And I needed to really analyze that because at first I've been quite introverted myself. I told you that I am a bit of an ambivert that I go from being an extrovert to introvert.

And in the beginning I was definitely more introverted, but then I was able to release my confidence a little bit and get outside of my comfort zone, which is why I was able to develop the more extroverted qualities. But of course, in the beginning, especially when I was kind of a beginner in the scene, I felt a little bit intimidated and I was very quiet and I was afraid of speaking up and talking about myself and sharing my stories or my life, et cetera. I didn't just barge into high sciency and be like, here I am. And I have all of these things to offer and say, et cetera, no, I entered as a little quiet mouse and I stayed in the background and I didn't really speak up and take a, the spotlight until, you know, years later, when I felt more confident with that.

But as I was in that little shell, I was looking at these women who weren't the spotlights and what

they were saying. And sometimes when really saying anything special, sometimes they were able to keep people's attention just because of the way they were speaking. But also because they were speaking, they weren't afraid of speaking and were holding themselves back from expressing their mind or expressing their opinions or thoughts. And that's what made people become interested in them and kind of value them. I'm going to actually explain this in a second. What I mean exactly clear how you speak matters and what you say does all some matters, but actually what matters the most is letting yourself go and letting go of the fear year of speaking and the fee year of sharing thoughts and the fear of not being comfortable of showing who you are as a person.

I think the people who are really good conversationalists, they have the confidence where they feel confident, opening up or giving bits and pieces of themselves. They feel confidence, sharing stories, sharing their opinions. Of course, you know, opinions have to be kept on a certain level, but we'll talk about that as well in a second. But these people who are really good at conversation, they are able to do real talk and real talk is opening up, sharing their opinion. Maybe be funny, maybe say a joke if appropriate storytelling and storytelling is a really big thing that I'll also go back to in just a second, but like all these qualities is what makes somebody good at conversation. And the good thing is that it's actually not that difficult to just master it, but we do need to add a bit of confidence to it because everything that we have to execute in this program ultimately has to be executed with confidence or more like you need to develop your levels of confidence before you're going to be able to really relax to the degree where you feel comfortable opening up to people, or you feel comfortable sharing something or speak up when you have everybody's eyes on you, but you can do it.

And it's actually not as difficult as it seems. It's all about practicing of not thinking about the fact that you have all eyes on you. It's about just going into the flow of thinking about what you're talking about and really connecting with your words. Another important thing that you should really pay attention to because there are people who are just a little bit boring in conversation, and I don't want you to be boring because if you're boring in conversation, first of all, that's going to make you really insecure because I think many times a ladies who feel shy, feel very insecure because they're very worried that they're going to be boring. Okay. And I don't want you to, to be worried about that because I'm going to tell you what is boring and how you can avoid doing that and that what you should be doing instead.

But boring people, they usually tend to treat strangers like strangers when they speak. And I want you to really pay attention to what I just said, because yes, of course you should have boundaries. That's very important. You should be selective with what information you share to people. So it's not about, you know, such sharing your life story to a stranger. But when you talk to people as if they're a stranger, meaning that you very cold, closed off, you give almost nothing and you don't engage. Then of course, you're going to be seen as a boring person to have conversation with. And I'm sure you've also come across people who are, you really felt like, why is the personal so stale, so cold, so boring. And you know what? I have definitely made the research to why. And it's not because these people are actually boring necessarily are incapable of expressing themselves in a way that makes them come across differently.

They perhaps also feel insecure. They perhaps also feel scared of talking. So with them, it feels more safe to be in their shell to maybe be cold, to maybe be very reserved or quiet. And then people take them as boring, which is really sad because there is, I don't think there is anybody who is really boring. People just don't always have the confidence to bloom and to shine. But like I said, this is something that we can step out of. At any point. We just need to start working on becoming aware of exactly what our shortcomings are and then actively remind ourselves every time we are in conversation with other people of not going into those kinds of potholes. So the golden rules for elegance conversation skills is to not be boring and to not be inappropriate. And the inappropriateness is really important because people don't always realize that they are being inappropriate with certain subjects.

This can of course be different depending on culture. But I am going to give you some examples, inappropriate topics. We do not share our private life to strangers. Remember that? I said, you have personal life and then you have private life. I personally think that you may share personal information about yourself, but never private information about yourself, to people that you are not considered close friends with. Of course, if you meet somebody for the first time in the first five

minutes, maybe also might be a little bit inappropriate sharing, personal information, but you can definitely lead quite fast into sharing personal information. Sometimes even on the first meet with the person, it's all about the connection that you get. It's all about the kind of energy that's flowing between you, you know, sometimes with some people you just ended up opening up really fast and that's fine.

You always have to have the flexibility and kind of assess the situation when it's appropriate. So no private life topics, such as what happened when you had sex with your partner the other day, or, or what diseases you've had recently, you know, it's two private ladies. So keep that aside. Now, then we have the very classic ones. We do not talk about money. We do not talk about sex. We did not discuss politics, religion, very sensitive topics, very opinionated topics. Sporting teams can be very sensitive as well. Especially if you are in different teams, we are not negative. We do not complain. We do not gossip. Anything that goes into the negative direction. You are immediately about conversationalist gossip. I've mentioned already about gossip. You have malicious gossip and then you have kind of more idle, innocent gossip. So the idle innocent gossip is common type of gossip, especially women enjoy because it's smaller, like checking in on the community type of thing.

Like what is she up to? What, how is it going for him? You know, that type of thing, that type of gossip is I wouldn't really consider it gossip. I would say it's just a human instinct of wanting to kind of stay aware of the community and being up to date with the community. Like it's a normal instinct that we have. So malicious gossip is when we are literally spreading lies about people. When we speak about people in a way like we have authority to the truth and the person can't even be there to defend themselves, like that's, when it's becoming malicious, you do not do that. Of course you can have an opinion about a person that might not always be negative, but you always have to ask yourself, is it really necessary for me to express it? Does it serve a purpose if I express it?

And then that was a little bit about inappropriate conversation topics. Then of course we have the boring conversation topics. And those are more when, while one personal thing that I think definitely makes somebody boring and conversation is when they cannot really express their minds in their personal opinion and their way of thinking. So they instead opt for kind of all the cliches that are out there speaking in cliches makes a person boring and conversation because it's kind of like, we've heard it been there, done that. So bring something new, like bring some flavor to the conversation table so that we feel like, ah, that was interesting. Okay. That's a good angle to look at it. Or, I mean, you don't have to reinvent the wheel, but just avoid kind of going and saying all the cliches that's out there. It would be definitely a good way of not being boring in conversation.

Then of course we have the small talk and the small talk, a lot of people find uncomfortable and frustrating because it's definitely not the easiest moment because it's very easy to end up just talking about the weather and talking about the weather is really boring. However, I must say though, that it's still very useful to do, and I also do it still, but I try to really only do it in the way until it reaches a point where, okay, now we're just really just doing it because we're afraid of silence or something. Definitely do it if it's like, okay, there is actually something to say, maybe joke about the weather or I don't know some other information that can be useful just talking and just being polite all the time. Just like having polite conversation also, doesn't make a person very exciting to talk to.

It's a little bit similar to speaking cliches, which I find sometimes these type of really boring people. They combine speaking in cliches with like just regular politeness. And it's all just like, okay, politeness, politeness, politeness, who are you as a person is what I personally wants to find out. Like that's usually how I feel when I come across these people. So definitely that's also a big, no, no, but like I already said, I think those issues really arise when a person do not feel comfortable opening up or sharing things about themselves, which is truly a shame because as soon as they start doing it, then they're not going to be boring anymore. So boring is really because the person is hiding behind the comfort blanket really. But then you also have the kind of boring aspect where the person is really just like not really caring or engaging and the other person meaning that maybe they're talking all about, about themselves or they don't care about talking about maybe some interests that you might have in common, or they might only be talking about a subject that they find interesting.

And they don't even bother thinking about if the other person actually finds that topic. Interesting.

And that's really important. You ladies, that you always think about when you are bringing up a subject or talking about a subject, reassess the person or the people that you speak, are they engaged or are they like zoning out? Cause if they're zoning out, then the subject might not be that interesting and you really should change subject. So what should we be saying instead? And what conversation topics are safe? I mean, there are some general conversation topics that I personally think always work travel is one of those food is one of those events where you live is one of those, but also what your plans are, let's say, where are you traveling this summer? Or what are you doing these holidays or what's happening on the weekend? Or maybe what you have done?

How was your summer? How was your holidays? How was your Christmas? How did you spend your weekend, these type of things, but you will often times, and this is what I really want to teach you when it comes to conversation topics. Because I think that, you know, it's going to be really hard to just give a list to two people and they're going to become really hung up on specific things to say. And I wonder also, would you actually even remember all of these things at first I was thinking of location. I just put together a really long list of conversation topics, but then, you know what I was thinking like, no, I don't want to do that because there is a specific reason for that. I want you to learn the art, a flexibility of adapting to whatever environment you end up in and being able to have things to talk about in that environment, without having to have memorized some conversation, the list that you've got me let's say, or another course or something like that.

I mean, obviously that can be useful for some people, if that's your way of, of learning. But I really believe that it's important ladies that you learn and kind of the arts of finding ways to talk about with people, depending on who you meet, because that is what's going to make you successful the networking world and in the real world. Yeah, there isn't just one type of conversation, topics that was going to work for everybody and not for every situation. So it's so important that you, number one, assess the situation, assess the environment, assess the person or the people that you're speaking to, and then kind of build your strategy of what you're going to talk about with them, depending on the who, what and so on. Okay. Does that sound complicated? Well, it's not meant to be complicated because actually what I'm about to how tell you is Harry easier.

So when you meet people that you are not familiar with, let's say there are strangers. Or if you meet people that you are acquaintances with and you do not know what you're going to talk with these people. So the best way is to put your focus on finding common grounds. That is your priority. Find common grounds, find common grounds. So instead of trying to memorize some, I don't know, general questions, think about it. What could I possibly have in common with this person? Think about if there's anything in the environment, maybe you have people in common. Maybe you have the environment in common. Maybe there's something about the situation that you're in, that you have in common that you can talk about and connect with that person. It's also beneficial to try and establish as soon as possible. If you have other common grounds with this person, do you have any interest in common?

Do you have any experiences in common? Do you have your past in common? Do you have maybe other people in common that aren't out there? Do you have dreams and plans in common? Do you have visions in common? So you have values in common. There are so many things you can have in common and that's, what's so important to try and find out immediately. So how do we find out if you have anything in common? Well, as soon as you start talking with somebody, usually it started off with small talk and the small talk is, let's say it's about the weather. Let's say it's about the situation that you're in. Maybe it's about the venue, the events, the hosts that invited you. Let's say if it's a dinner party with something. And as soon as that person is giving you something or saying something you have to already think about, okay, really, first of all, listen to what the person says and really start analyzing.

Okay. Is there anything that is interesting from what the person giving me that I can maybe ask leading questions upon comments on share my insights or experience too, or maybe even say a joke about her or is that it may be something that I can share on myself or if the person is not giving you anything that you can work with, then you can, instead it puts something on the conversation table that you can start both working with. Cause this is how conversation works, especially the initial stage with Kim, which can sometimes be a little bit difficult to maneuver if you don't feel confident enough about it, but it's about okay, as soon as possible, try to reach the stage where you are going

into, you know, the bushes of trying to understand if you have things in common, but to reach there, information must be given.

So you can either ask for this information by asking questions, or you can provide this information yourself, hoping that the person is gonna feed into the conversation by asking questions. And then, you know, the can be a back and forth kind of going and happening. And then you can start getting to know each other and start finding those common points to you. Talk about, if you do not know now what to talk about during that first initial stage, the things like I mentioned, talk about the venue. Talk about the event. Talk about, again, the weather comment on things that you can comment on, where you are and ask questions. I mean, I think that's pretty straight forward. We all have been doing small talks since we were children. Really. So I think that is not something necessarily that I need to explain further. But what I want you to really think about is the importance of finding common grounds, because this is what I also noticed that these really successful networkers, why were they so captivating to some people versus some other people who were not as interesting to them?

And the reason for that is because these people, they listen and they engage and they really find common grounds and they share of themselves and they listen and they ask questions, but they make sure there is that common ground, this mutual ness. And that's where the bonding starts because the bonding that's what human wants. And that's what human is looking for in networking, because otherwise we would be lonely wolves, right? We need to establish a bond. And that usually what determinates, if we like somebody or if we don't like somebody, because if we were not able to establish a bond, then we oftentimes find that, okay, well, that person was a little bit boring. That person was not my cup of tea. I'm not sure I liked him or her or, yeah, I don't know. I feel nothing about that person. So that's because probably there was no bond established, but I don't necessarily, you will always be able to establish a bond at all.

I mean, I don't always click with everybody I meet. So I don't think there should be too much pressure for that to happen, but you could always give it a try and every conversation and see how that goes. I think that is definitely what good conversational is do. So having said that, I just want to kind of do a little summarized version of how you can become a good conversationalist, but still be elegant in your conversational skills. So the basic is set about being appropriate in conversation. I spoke about how it is important to have real talk where you actually are being yourself. And you're not somebody who's just holding back because you're feeling that you want to set too much boundaries. It's important to give of yourself. It's really important in this life. If we set too much boundaries, that's not going to ever be good.

So for this reason telling stories is important. And I mentioned that I was going to talk about storytelling and ladies again, one of the biggest things about people who are amazing of conversation is their ability to tell stories effectively. They are good of sharing a story might not even be the most interesting story, but just because they say it in such an intriguing way where it's almost like every word is a cliff hanger, then you are going to be able to captivate and impact people compared to if, if you just like speak like this all the time and very monotone and like no expression and just like really stale and boring. Okay. You see what I mean? So it's really important that if you feel like you are more towards the monotone type of, um, direction that, okay. Think about storytelling. There are books on this subject.

There are also a lot of material online where you can really go into depth with this, but storytelling is what definitely helps a lot with bonding. I also mentioned that you should be sharing your opinions, but I would definitely also say, if you want to keep it elegance, pick your battles. You don't always have to share your strongest opinions. You don't always have to sprinkle your opinion everywhere you go. And you know, I really think it's important to think about when you share things. And that definitely also shows some maturity in the person and definitely signals elegance. Cause you don't have to take every battle that comes your way and you don't necessarily have to prove every person or win every debate. I think there's a time and room for everything. I think definitely we can, you know, discuss things and agree to disagree at times and have some healthy discussions.

I think that's really good, but think about when it's appropriate and when is a good situation for that, it might not be appropriate during, I don't know, a dinner setting where actually you're there to just have a good, nice time instead of having like these really hot debates where people might even get a

little bit of edge towards each other. But I do think it's important to share your thoughts. And that's what I noticed with those elite women that I just discovered. We're very successful with it networking and we're very popular, not necessarily because of their looks or anything like that, but they were sharing their opinions and they were giving their interesting thoughts to things from time to time. And sometimes they were even sharing some interesting experiences without it having to be like a wow thing. But it was just the fact that they just put it out there and this may be like, Oh, okay, that's interesting.

You know, just something doesn't have to be a big thoughts or a very philosophical thing to put it out there. So anybody who feels insecure of speaking up really take the edge off and don't put so much pressure on yourself that everything you say have to sound like you're Einstein, you know, it's okay to say whatever really, but it's about just speaking up, but just make sure that what you're saying say is somehow relevant to the group or the person or they are going to find it interesting. If that makes sense. I told her that it's really important to ask questions and really being engaged when you're listening, being a good conversationalist is really not about just having good conversation skills. It's really about her being able to also listen. I mean, listening is like 50% of conversation, right? Cause we want it to be a natural back and forth.

It's where two parties let's say speak equally much, but sometimes you are with people who might not be very open. So it's also important that you are able to really ask the right questions, always ask open ended questions where there isn't just the yes or no type of answer to the question. More like a question where people actually have to tell you a little bit more about it instead of saying, do you have a favorite restaurant in town? Say, what is your favorite restaurant in the town? And why? As an example, I do think it's really important to ask people about their opinions if they have any advice, but it's always great in conversation because it makes people feel valued and feel heard. Believe me, people love giving advice. It's like some form of natural instinct. Many people have because they feel like their opinion matters and their experiences matter.

So that is definitely, um, a must if you want to be good at conversation. But even though asking a lot of questions is really important and it definitely makes a person charismatic and good our conversation. However, you cannot just be firing off questions and it cannot be just about asking people a lot of questions. You actually need to share your thoughts too, and kind of mix you questions up with thoughts and storytelling. Maybe a little joke here and there, if you can. So that's what makes a person go to a conversation, not just by doing one thing. Also being passionate about something is really helpful for conversation. That's why I believe it's so important that you ladies do have some passion projects in life that you have some form of hobbies and interest and maybe things that you're just very passionate about. It can be just a subject.

Really. It can be just the cause it can be whatever, but something that people can really feel your passion about when you speak about it. And when you share your thoughts on it or your experiences with it, because that energy transmits to people and they feel inspired. And that's when they started valuing you as somebody who is interesting, somebody who is charismatic, et cetera, and that's really important for your personal brand. So how much filters should you have when you speak a filter is definitely good to have, and I've learned it the hard way myself. I've spoken with zero filter in the past. Then I created a little bit of a filter, but I decided not to put on like a full filter because I still think it's important to kind of stay true to yourself and have your personality involved and being able to openly share your thoughts and so on.

And adding too much filter is definitely going to take away all of that. So I think it's important to have a filter because if you really speak without a filter, you are going to get into trouble at times. And I speak from experience and I also speak from experience of seeing people doing this mistake as well. You cannot just navigate in life successfully without any filter. Yes. Maybe some people find a charming, but it is going to get you in trouble and you are going to hurt people. So that's why it's really important. Not to kind of just relax fully in that department. We are social creatures after all. So we need to act with good manners and good manners is to filter out what's necessary and really picking your battles. The lesson ladies, I really want you all to connect with people effectively. I want you to be ladies who are easy to talk to because this is going to serve you so much in your networking life. And it's going to give you a lot of success in life when people feel that they can bond with you easily. Well, they can connect with you. And one thing always leads to another because of

that. So that's my mission in this program to help you kind of step out of that shell and bloom into somebody who is good at conversation or feels confident and who works on the weaknesses that they have.