

# PARADIGM ONE WORKSHOPS

Paradigm One is not your average etiquette shop – we teach **etiquette that empowers**. Our focus is on raising social intelligence, amplifying confidence, and honing soft skills that promote authenticity in every interaction, gesture, and relationship.



We offer **40+** specialized workshops on etiquette and soft skills topics, relevant to diverse Gen Z and Millennial professionals in the following areas:

## INTERVIEWING

- Preparing for the Interview
- The Art of Asking and Answering Questions in Interviews
- Exploring Common Interview Types
- Look Good = Feel Good: Interview Attire
- Show Up: Interview with Confidence
- Read the Room: Interview E.Q.
- Secure Your Offer: Effective Job Interviewing

## IMAGE AND ATTIRE

- What to Wear Where – Understanding Attire Types
- Polishing Your Self-Presentation and Image
- Build Your Wardrobe, Signature, and Style
- How to Shop for Your Professional Attire on a Budget
- A Conversation on Natural Hair and Beards

## COMMUNICATION

- Video Conference Etiquette
- Public Speaking + Presenting with Confidence
- Nailed It! Presentation Skills
- The Science of Emailing: Composing Emails
- The Science of Emailing: Sending Emails
- The Art of Emailing: Email E.Q. and Understanding Tone
- Social Media Etiquette
- Phone and Texting Etiquette
- Using Stationery and Business Cards to Your Advantage
- Executive Presence for Young Professionals

## NETWORKING AND RELATIONSHIPS

- How to Slay a Networking Event
- How to Cold Email without Being Annoying
- How to Reach Out and Set Up Informational Interviews
- How to Kill ANY Informational Interview
- How to Manage and Organize Your Growing Network
- How to Build Your Career Entourage Organically
- How to Manage Your Manager
- How to Build Strong Relationships with Your Team + Other Interns (for Interns)
- How to Build Strong Relationships with Your Team + Co-Workers (for Junior Professionals)
- How to Approach Senior Leadership without Nerves
- How to Land Your Dream Mentorship
- How to Be the MVP Mentee
- How to Maximize Your Internship – Virtual/In-Person

## PROFESSIONAL BRANDING

- Create Your Brand
- Craft Your Elevator Pitch
- Curate Your Brand: A 360° Degree Approach
- Convey Your Narrative: Own Your Leadership Story

## DINING

- Table Manners + Navigating Your Place Setting
- Networking Receptions and Events
- Restaurants and Dining Out