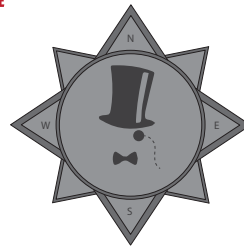


# ACTING LIKE A LADY OR A GENTLEMAN

Whether you are a girl or a boy, there are many of the same disciplines if you want to act like a lady or a gentleman. And why would we want to act like a lady or a gentleman? Because in this world, knowing how to behave in the right situation can take you a long way, especially when you are surrounded by people who don't.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Role play with family or friends and practice these disciplines.
- Listen to any constructive criticism and learn from it.
- If possible, look for a local event you can attend where you can try out these skills.

LEVEL F

PERIOD 5

TASK 2

1. Pay attention to the way you dress. Dress appropriately, modest but modern clothing is the best balance. And be aware of where you are going to be. You are always better off to be a little over-dressed than a little under-dressed.

2. Be courteous to those you speak to, always use manners and speak with respect, "sir" and "ma'am" will probably not go amiss.

3. Have good posture. Stand and sit straight, don't slouch. Too many people lounge around like boneless chickens. You can be relaxed without being a slouch.

4. Avoid using bad language or speaking ill of others. No gossip allowed.

5. Practice your handshake. This is very important when making a first impression.

6. Speak clearly and maintain good eye contact.

7. Keep conversations light. Religion and politics are usually best saved for designated occasions.

8. Try to talk about things that interest the other person. Let them talk about their interests, and be an active listener.

