

GROOMING, DRESSING, AND BODY LANGUAGE:

- Your Success Starts Here! Tips and Techniques to Improve Your Total Image*
- Learn to improve personal and professional image
 - Discover tips to improve grooming habits and learn the basic styles of dress for the workplace
 - Understand how body language and posture affect overall image
- Everything job seekers need to know to look successful and improve their total image is included in this video.
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GOAL AWAY: SETTING AND ACHIEVING GOALS

Turning Dreams into Reality

People of all ages and walks of life have goals. This video helps you determine what your dreams and goals are, and how to plan to make them a reality. It includes the barriers to achieving goals and ways to overcome them, and how to set realistic and measurable goals. Also included are real-life examples of short term, long-term and intermediate goals. © 2001, # 01-V12, 1-891818-15-5.

10 STEPS TO POSITIVE SELF-ESTEEM:

Ways to Boost Your Self-Confidence

Self esteem has no age or status barriers; at some time in our lives, nearly everyone suffers from low self-esteem. In this video viewers will learn a ten-step process to build positive self-esteem. Begin with discovering who you really are and what you want out of life. You will determine any changes you want to make and how to make them, such as improving personality or body image, or learning communication techniques or job skills. You will become motivated to set and achieve goals while building a personal achievements portfolio. And learn to build trusting relationships that reinforce who you are.

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SELF IMPROVEMENT

Self-Improvement Video Series

Grooming, Dressing
and Body Language

10 Steps to Positive

Self-Esteem:

Ways to Boost Your

Self-Confidence

Goal Away:
Setting and
Achieving Goals

