

Lesson Plan

Subject: Module 1-Culture: Creating and Managing a Unique Experience

Topic: Lesson 2 – Personal Best Practices

Objectives:

1. To teach professionals how to create a positive culture.
2. To teach professionals the importance of looking and feeling their best.
3. How to create happiness.
4. How to talk to a guest using the right words.

Student Supplies:

1. Drivers of Success Student Lesson
2. Drivers of Success Journal
3. Pens/Pencils/Highlighters

Facilitator Supplies:

1. Drivers of Success Teacher Edition
2. Drivers of Success Journal
3. Your optional video resource for this lesson is *Look Your Best*
4. Markers/highlighters
5. Poster paper/board
6. Prizes if applicable
7. Brush to utilize as a “talking brush”
8. Timer

Facility: Prior to class, set the room in a layout that will allow for engagement and movement. Be sure to have enough chairs for each participant.

Preparation:

1. Review Teacher Edition and take the quiz on page 4.
2. Review appropriate Journal page(s).
3. Review and cue-up Karate Kid Montage on youtube.com
4. Review and cue-up *Look Your Best*

I. Opening

- Play “You’re the Best” Karate Kid montage on youtube.com while students enter.
- Before we begin exploring new information, let’s discuss the homework assignment from last week. (Ask for volunteers to share what they did. Allow 2 minutes).

II. Intro

- Today we’ll explore our individual personalities and the impact of our personality on our individual success.
- We will explore the importance of appearance, or image, in the workplace.
- We will discuss how you can create your own happiness without depending on anyone else or any other situation.
- And, we will look at the words we use and how they can affect the way our clients see us.

III. Body

- Page 4-ACTIVITY: Now, please turn to page 4 in your Lesson. For the next 3 minutes, answer the questions on the quiz for yourself. Be honest with yourself. No one else needs to see your answers.
- If you will turn to page 5 when you finish the quiz, you can evaluate your score. Allow 3 minutes for exercise.

- Page 5-ASK: What did you learn about yourself by doing the quiz? Allow 1 minute to share.
- Page 6-ASK: What are some of the ways you know you are looking your very best? 2 minute discussion.
- Page 7-ROLE PLAY: Have students face each other and practice looking in the eyes, smiling and saying, "Hello." Allow 1 minute.
- Page 7-THINK OUT LOUD: A Swedish study showed that people respond in kind to the facial expression of the person they meet. Subjects had a hard time frowning at a smile, so strong was their instinct to smile back!
- Page 7-ACTIVITY: Look at your neighbor. One of you smile and the other try to frown back. Not so easy, is it? Allow no more than 1 minute.
- Page 7-ASK: Why do you think a smile is so important? Allow 1 minute for discussion.
- Page 8-PLAY Video: *Look Your Best*
- Page 8-ASK: On a scale of 1-10, how would you rate your look today? Line students up from left to right across the room according to how they would rate their look today. Allow 3 minutes for exercise.
- Page 8-ACTIVITY: Take notes on page 19 of your lesson and partner up with the person behind you. Take the next 2 minutes to discuss and record what you think a person who charges \$500 for a service would wear. How would that person wear his/her hair, make-up, nails? What about shoes and accessories? Ask for volunteers to share their answers, allowing 2 minutes for that activity.
- Page 8-THINK OUT LOUD: Looking the part is what authenticity is all about. I bet your dentist has all his teeth. Employees who work at Banana Republic don't wear clothes from Abercrombie.
- Page 12-ASK: (Using a talking brush, toss the brush to a student and then ask a question provided below. Have the student toss the brush to another student to answer the same question. Continue tossing the brush until all questions are answered.) Who is the happiest person you know? What makes her that way? Do you know anyone who is a grump? What makes him that way? Allow 3 minutes for the exercise.
- Page 12-ACTIVITY: Turn to page 19 of your lesson and write down as many things that make you happy as you can in 30 seconds. Include people, animals, weather, whatever makes you happy. Ask for volunteers to share. Allow 3 minutes for the exercise.
- Page 14-ACTIVITY: Using the new vocabulary words listed, call on a few students to use one word each in a sentence. Allow 2 minutes.
- Page 16-ACTIVITY: Turn to page 16 please and let's read it together.

IV. Review

- Page 17-Ask the review points in question form to gauge the students' level of comprehension..
- Page 17-ACTIVITY: Take out your Drivers of Success Journals and turn to page 11 please. Please write in what changes you will make in the coming week in your personal best practices.

V. Activities

- Page 18-ACTIVITY: Take out your Drivers of Success Journals and turn to page 11 please. Please write in what changes you will make in the coming week in your personal best practices.
- Page 18-(Optional) ACTIVITY: Complete both of the activities on page 18 for extra credit. Doing these activities will enhance and sustain what you have learned today so you will receive maximum benefit for the time you have invested. Remember to bring your extra credit next time we meet and turn it in at the beginning of class.

VI. Close

- That's it for Drivers of Success today. I look forward to meeting with you next time and seeing what changes you have made. Have a wonderful, positive day.