

Table Manners for Young Adults

Good manners never go out of style and will always help you shine above the rest.



Aims of Course:

The table manners sessions, provided by Ready4Life, are an important part of the comprehensive programme we offer to prepare young adults for the transition to University or to the job market.

During this 2-hour session, young adults will learn the 'need to know' essentials of good table manners and social etiquette. They will leave feeling more prepared to make a good impression at their next social, business or academic dining event.

Young men and women will learn:

- The history of table manners and a look at modern manners
- Why good table manners are important
- How to handle invitations
- Meet and greet skills / how to make light conversation
- The proper table setting and napkin placement
- How to correctly use utensils
- Correct posture and table etiquette
- How to leave the table
- What to do with your mobile phone
- Tips on entertaining at home
- How to continuously improve