ESSENTIAL REFLECTIONS

What Does Your Professional Image Say About You?

Think about yourself and how you act in day-to-day situations. Mark off the boxes only when you can confidently answer, "Yes".

- ☐ Do you treat others honestly and fairly at all times?
- ☐ Are you courteous, and do you show respect for the feelings, beliefs, and rights of others?
- ☐ Do you keep your word when you make a promise?
- ☐ Do you set an example of good conduct and behavior at all times?
- ☐ Are you loyal to your family, your friends, your school, and your fellow students?
- ☐ Do you obey all the rules and standards of conduct set forth by your institution?

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ACTIVITY 1 Evaluate

If you answered no to any of the earlier-mentioned questions, you have some work to do before you are ready for a successful professional career. In the spaces provided, write how you intend to improve yourself to make every answer a yes. If you answered yes to all, give yourself a pat on the back. You practice many qualities required for projecting a professional image.

ESSENTIAL EXPERIENCE 3
Employ Proper Ergonomics to Protect Your Body

ACTIVITY 1 Observe Physical Presentation

Using the following questionnaire, observe two to three classmates for one week to determine if they are practicing proper posture and body movements. Create a log of your observations.

Was the neck elongated and balanced directly above the shoulders?	YES	NO
Was the upper body lifted so that the chest is out and up; not slouching?	YES	NO
Were the shoulders leveled and relaxed, not scrunched?	YES	NO
Was the person sitting with his or her back straight?	YES	NO
Is the person gripping or squeezing tools too tightly?	YES	NO
Is the person bending his or her wrist up or down repeatedly or contorting his or her wrist when using tools?	YES	NO
Is the person holding his or her arms away from the body as he or she works?	YES	NO
Are the person's elbows close to the body when cutting?	YES	NO
Is the person bending forward and/or twisting the body to get closer to client?	YES	NO

List the recommended solutions to the ergonomic challenges you observed.

_____

_____

_____

_____

ACTIVITY 2 Research Ergonomics

Using your smartphone or tablet, complete research on ergonomics for the hair stylist. Look for demonstrations on how to exercise to prevent symptoms from repetitive poor posture and ergonomics. Make copies of your findings to share with the class.

4. Stressful _____ motions can make beauty professionals susceptible to problems of the hands, wrists, shoulders, neck, back, feet, and legs.
5. Physical presentation, which includes your posture, your walk, and your movements, is part of your _____.
6. _____ is the study of how a workplace can best be designed for comfort, safety, efficiency, and productivity.
7. An awareness of your body posture and movements, coupled with better work habits and proper tools and equipment, will enhance your _____.
8. _____ is the process of caring for parts of the body and maintaining an overall polished look.
9. A _____ is one of the foundational principles in developing a professional image.
10. Negative _____ and impolite demeanors can bring an ideal atmosphere to a halt.
11. Establishing a professional _____ image is an essential image-building attribute.

ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided below, write notes about key concepts discussed within this chapter. Share your Essential Discoveries with some of the other students in your class and ask if they are helpful to them. You may want to revise your discoveries based on good ideas shared by your peers.

Discoveries:

_____

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