

## About Us



Merita Day, Founding Director of GEMS Life Skills Academy, is an author and speaker with a passion to see individuals discover their 'Truest Identity', making the shift from default living to 'Designer Lifestyle!' A lifestyle that reflects the genuine, distinctive GEM that they are designed to be: highly valued and esteemed. Merita, a culinary graduate, believes 'Designer' food is the building blocks for a healthy body and life and desires to see young people excel in this important area.

- ~ Culinary Instructor and In-Home Consultant for Williams-Sonoma.
- ~ Designer/Whole Food Enthusiast
- ~ 30+ Years of Biblical Study
- ~ Mother and Life Coach of four Children, (now successfully launched adults)
- ~ Customer Service/Sales Experience

"Here's to the Truest You!!!"

*Merita Day*

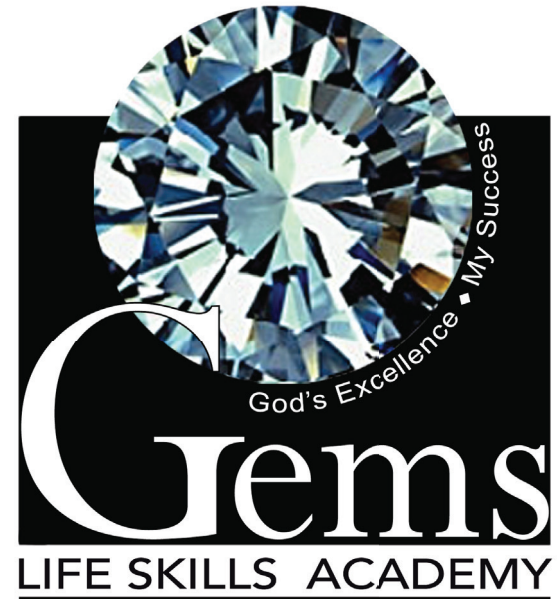
# GOLD TIER

**GEMS courses are available in the following formats:**

- ◇ 8 week after-school or evenings (2.5 hour classes)
- ◇ 4 week after-school or evenings twice weekly (2.5 hour classes)
- ◇ Weekend retreat at your church or camp (Friday Evening to Sunday Afternoon)
- ◇ Summer Week Intensive Monday - Friday (4 hour classes)
- ◇ Private and Semi-private lessons available upon request

**\*\* Classes consist of 10-12 students or can be larger with extra adult volunteers at your location**

Visit us online at  
[www.gemslifekillsacademy.com](http://www.gemslifekillsacademy.com)  
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*Developing  
Genuine Distinctive Character*

*"Do you see a person who excels in all their ways? They will stand before great leaders and not unknown men."*

Proverbs 22:29

## ASK YOURSELF . . .

**Do I know how to protect my greatest asset, my name, reputation and my legacy, and why?**

**Do I own the skills of a leader or know how to become a person who is respected and has influence for good?**

**Do I know the kitchen skills needed to fuel my body with healthy “Designer” food for lifelong peak performance and aging young?**

**What are the secrets to impeccable hygiene and why is it important?**

**What does dressing for success look like in different social settings?**

**Do I own the effective communication skills needed in all settings?**

**How do I leverage time to invest in my greatest “ME”?**

**What thought skills will help me confidently rise above intimidating situations and handle them with finesse and grace?**

**What mindset will get me to my highest vision of who I can become and have my greatest success outcome in life?**

**What disciplines need to be set into habit to keep my focus and reach my goals on my life-map?**

**These are just some of the questions we cover in this course.**

# GOLD TIER

## *Culinary Class:*

**We begin with a 45 minute interactive culinary demonstration in the kitchen. We will cover culinary terms, technique, safety and dining etiquette as an enhancement to each lesson.**

### LESSON 1: THE TRUE VIEW OF YOU

- ◆ Our Stolen Identity
- ◆ Your Born Identity
- ◆ Discover Your Designer Identity

### LESSON 2: INSIDE OUT - THE HEART OF THE MATTER

- ◆ Man Looks at the Outer Appearance
- ◆ God Looks at the Heart.
- ◆ Body / Soul / Spirit vs Spirit / Soul / Body
- ◆ Creating Lasting Transformation

### LESSON 3: APPEARANCE & PRESENTATION

- ◆ Powerful First Impressions
- ◆ Demeanor: What You Say Without a Word
- ◆ Poise and Posture
- ◆ Impeccable Hygiene

### LESSON 4: ACCURATE COMMUNICATION

- ◆ Global Greetings and Proper Introductions
- ◆ Think Before You Speak
- ◆ Diction, Tone, and Cadence When Speaking
- ◆ Succinct Voice Messages
- ◆ Developing Good Listening Skills
- ◆ Proper Polite Conversation
- ◆ Thoughtful Thank You's

### LESSON 5: TIME - MAKING EACH DAY WORK FOR YOU

- ◆ Sunday Summit: Equals a Productive Week
- ◆ 'Habitudes': Daily Priorities For Success
- ◆ Respecting Time: Yours and Others

### LESSON 6: MANNERS MATTER!

- ◆ Difference Between Manners and Etiquette
- ◆ Self-Centeredness: Creates a Bitter Heart
- ◆ The Benefits of Forgiveness
- ◆ Common Courtesies
- ◆ Electronic Etiquette
- ◆ RSVP and Table Etiquette 101
- ◆ Handling Bullies, Mean-Girls, and Rude People

### LESSON 7: HOSPITALITY

- ◆ The Skillful Host and Hostess
- ◆ How To Set a Table
- ◆ The Considerate and Thoughtful Guest
- ◆ Everyday Hospitality Outside Your Home

### LESSON 8: GUARDING YOUR NAME-YOUR LEGACY

- ◆ CHOICE: A Powerful Gift
- ◆ Signing Off on a Job, Chore, or Project
- ◆ The Attributes of Exceptional Character
- ◆ Regaining Your Character After Bad Performance