

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

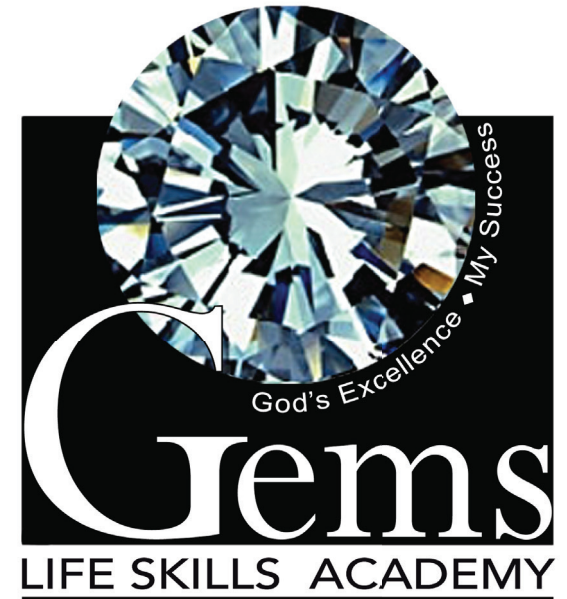
PLATINUM TIER

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.gemslifeskillsacademy.com
8921 Brecksville Road
Brecksville, OH 44141



*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.



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

- ❖ GEMS Personality Profile Test
- ❖ The Ultimate Choice: Grace Through Faith
- ❖ Replacing Fear by Speaking God's Powerful Promises Over You

LESSON 2: INSIDE OUT

- ❖ Confidence vs "Godfidence": Overcoming Insecurity
- ❖ Guarding Your Heart
- ❖ Genuine Humility and Leadership

LESSON 3: APPEARANCE

- ❖ Proper Entrance and Exit
- ❖ Dress for Success for Every Occasion
- ❖ Exercise and Health
- ❖ 'Designer' Nutrition & Hygiene Products
- ❖ Posture and Poise

LESSON 4: ACCURATE COMMUNICATIONS

- ❖ Decisive Decision Making
- ❖ Gracious/Calm/Collected vs. Anxious/Irritable/Over-sensitive
- ❖ Entering and Exiting Conversations in Progress
- ❖ Constructive Criticism: Giving and Receiving
- ❖ Keeping an Aura of Mystique

LESSON 5: TIME: MAKING EACH DAY WORK FOR YOU

- ❖ The Effectiveness of 'Designer' Day Order
- ❖ Delegating for Efficiency
- ❖ Investing in Your Character and Gaining Influence
- ❖ Weekend Warrior
- ❖ Prioritizing Your Schedule

LESSON 6: MANNERS MATTER

- ❖ Temperance and Restraint
- ❖ Challenges are Opportunities
- ❖ The Right Fight
- ❖ Kindness Wins in Every Situation
- ❖ Engaging Conversation Starters
- ❖ European and American-Style Dining
- ❖ An Attitude of Gratitude

LESSON 7: HOSPITALITY

- ❖ Restaurant Etiquette
- ❖ Cocktail Party Etiquette
- ❖ Matching Your Guest with People of Common Interests
- ❖ How to Set a Formal Table
- ❖ Planning and Prepping Your Themed Party

LESSON 8: GUARDING YOUR NAME-YOUR LEGACY

- ❖ Attracting and Influencing the Right Friends
- ❖ Establishing Trustworthiness by Honoring Your Word
- ❖ Behaviors That Hurt Your Reputation
- ❖ Vision Board