



POLISHED & POWERFUL · SOCIAL ETIQUETTE FOR THE MODERN MAN

Movement Two

Social Confidence, Modern Manners & *Fine Dining*

90 minutes · Live Online

CONVERSATION · NETWORKING · DATING · DINING



THE OVERVIEW

The questions men actually *want answered*

How do you walk into a room when you know nobody? How do you join a conversation without interrupting, or introduce yourself without sounding rehearsed? What is good dating etiquette now — and who pays? What should you do with your phone at dinner?

Movement Two gives practical answers to the social situations many men find surprisingly difficult, and closes at the table. The emphasis is not on performing charm, but on becoming socially comfortable enough to pay attention to the people around you.

*Knowing what to wear matters. Knowing how to behave once you arrive *matters just as much.**

AT A GLANCE

The Movement *in brief*

FORMAT	90 minutes, live online — Movement Two of the two-part Polished & Powerful programme.
AUDIENCE	Men who want to feel at ease socially, professionally and at the most formal of tables.
FOCUS	Entering a room, conversation, networking, modern dating, digital etiquette and fine dining.
INVESTMENT	Upon application.



WHAT WE COVER

Five areas, one *quiet confidence*

From walking into a room alone to paying the bill gracefully — the social judgement that makes a man easy to invite and enjoyable to know.

01 Entering a Room & Introductions

- ♦ Entering a room alone, orientating yourself and approaching people naturally.
- ♦ Joining a group, recognising when not to interrupt, moving between conversations and leaving politely.
- ♦ Introducing yourself, two other people, or a partner — professionally and socially.
- ♦ Titles and seniority, remembering names, what to do when you forget one, and helping people feel included.

02 The Art of Conversation

Conversation is a skill, not a personality type.

- ♦ Starting a conversation, keeping it moving, asking better questions and listening properly.
- ♦ Telling a story without dominating, handling silence, using humour and including quieter people.
- ♦ Managing disagreement, avoiding oversharing and ending a conversation gracefully.
- ♦ Speaking naturally with senior executives, older and younger people and other cultures — and subjects that require judgement, including money, politics, religion and health.

03 Networking & Behaviour at Events

Networking should feel like meeting people, not collecting contacts.

- ♦ Approaching strangers, explaining what you do succinctly and exchanging contact details.
- ♦ LinkedIn etiquette, following up well and building relationships without immediately trying to sell.
- ♦ Invitations and RSVPs, arrival times, greeting the host, host gifts, phones, photography, alcohol and thanking the host afterwards.
- ♦ Difficult moments — rudeness, someone who drinks too much, intrusive questions, and what to do when you make a social mistake.

04 Modern Dating & Digital Etiquette

Dating has changed considerably. Courtesy still matters — showing interest without becoming overbearing, and respecting another person's boundaries.

- ♦ **Before** — dating apps, opening messages, moving from messaging to meeting, asking clearly, choosing a venue and punctuality.
- ♦ **During** — greeting, phones, conversation and listening, compliments, alcohol, physical contact, reading cues, boundaries and consent.
- ♦ **Chivalry & the bill** — courtesies offered naturally; who invited, being prepared to pay, splitting gracefully, generosity without expectation.
- ♦ **Afterwards** — messaging well, expressing interest clearly, accepting rejection, declining a second date respectfully and never ghosting.
- ♦ **Digital** — WhatsApp, voice notes, group chats, email, social media, read receipts, message timing and video calls — and when to stop messaging and simply telephone.

05 Fine Dining, Hosting & Being a Good Guest

- ♦ Approaching the table, seating, napkin, cutlery, glassware, bread and butter.
- ♦ Ordering, wine, difficult foods, phones at the table, leaving the table, paying and tipping.
- ♦ Speaking to waiting staff and handling mistakes discreetly.
- ♦ Hosting and being a guest — accepting invitations, dietary requirements, host gifts, making introductions, knowing when to leave and thank-you messages.

*Technical knowledge matters, but one principle matters more. A gentleman's behaviour towards the people serving him says far more about him than **knowing which fork to use**.*





THE POLISHED & POWERFUL PROMISE

To know what to wear.
To know what to say.
To know how to behave.

Across the two Movements, participants develop skills they can use immediately: how to dress appropriately, speak to people they do not know, navigate social occasions, date respectfully, network naturally and handle formal dining without feeling self-conscious.

Enough confidence to make other people feel comfortable in your company.

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