

THE ONLINE PROGRAM



WELLNESS
AND
ETIQUETTE

Mindful Manners

Online Programs for Young Leaders.

Virtual School



CURRENT AS OF
FALL 2026

Education Programs

CREATED BY
MARIEL
LLANO

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Who are we?

Mindful Manners is a modern etiquette academy dedicated to helping children build confidence, kindness, and meaningful social skills that last a lifetime.

Through live, interactive online classes, students learn much more than table manners—they develop the confidence to introduce themselves, communicate respectfully, make lasting friendships, navigate social situations with ease, and treat others with empathy and consideration.

Our goal is to help children feel comfortable in any setting while discovering that true etiquette isn't about perfection—it's about making others feel respected, welcomed, and valued.

Let's begin...



Mission

Mindful Manners exists to redefine etiquette for the next generation. We combine timeless etiquette with emotional intelligence, confidence, and practical life skills to help children become respectful, compassionate, and socially confident individuals. Our goal is to equip every child with the tools to feel at ease in any social setting while fostering genuine kindness, empathy, and consideration for others. Our mission is to prove that being polite isn't old-fashioned—it's what makes you stand out and be remembered wherever you go.



Vision

We envision a world where etiquette is recognized not as a set of formal rules, but as a way of living with kindness, confidence, and respect. Through innovative, engaging education, Mindful Manners strives to become the leading global destination for modern etiquette, inspiring children everywhere to build meaningful relationships, embrace cultural awareness, and leave every person they meet feeling seen, valued, and respected.



Virtual Courses

Dining Etiquette	American & Continental dining, table manners, and restaurant etiquette.	\$240 USD
Social Etiquette	Confidence, communication, posture, and everyday social skills.	\$240 USD
The Complete Etiquette Masterclass	A complete program combining social and dining etiquette.	\$330 USD
Mindfulness	Emotional intelligence, confidence, and healthy daily habits.	\$240 USD
Private Coaching	Personalized virtual lessons tailored to each child's needs and goals.	\$330 USD



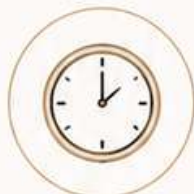
WHAT WILL BE *Included* ♥

✦ OUR **IN-PERSON** WORKSHOPS INCLUDE ✦



TWO MANNERS BOOKS

Take home our signature books to continue learning and practicing everyday manners.



2-3 HOUR WORKSHOP

Engaging, hands-on workshops filled with etiquette, confidence and real-life skills.



NOTEBOOK & PEN

A beautiful notebook and pen to take notes and be inspired.



THREE-COURSE MEAL

Enjoy a delicious three-course meal with proper table manners.



BEVERAGES

A selection of beverages and a special tea experience.



CERTIFICATE OF COMPLETION

A special certificate to celebrate your achievement and new skills.



PRACTICAL & INTERACTIVE ACTIVITIES

Fun and meaningful activities to build confidence, kindness and social awareness.



CONFIDENCE. KINDNESS. ELEGANCE.

Mindful Manners ♥



Dining Etiquette

- Table Setting & Dining Foundations
 - Table settings (American & Continental)
 - Tableware and glassware
 - Napkin etiquette
 - Holding and using cutlery correctly
 - Dining Skills
 - Serving and passing food
 - The silent service code
 - Dining posture
 - The rhythm of dining
 - Technology at the table
 - Food Etiquette
 - Soup, bread, pasta, and dessert etiquette
 - Tricky foods
 - Unfamiliar and international cuisine
 - Restaurant Etiquette
 - Ordering politely
 - Speaking with servers
 - Restaurant behavior
 - Fine dining confidence
- + much more..





Social Etiquette

- First Impressions & Introductions
- Greetings and introductions
- Handshakes and eye contact
- Remembering names
- Making a positive first impression
- Communication Skills
- Conversation etiquette
- Active listening
- Small talk
- Giving and receiving compliments
- Speaking with confidence
- Social Confidence
- Joining and leaving conversations
- Meeting new people
- Friendship etiquette
- Respect and empathy
- Everyday kindness
- Presence & Deportment
- Posture and body language
- Walking with confidence
- Entering and leaving a room
- Personal presentation
- Phone and digital etiquette



★ The Signature Etiquette Masterclass ★

Our signature program combining social and dining etiquette into one comprehensive course.

- Handshakes
 - Social Kissing and Hugs
 - Touchless greetings
 - Cultural Differences in Greetings
 - Introducing yourself
 - Introducing other people
 - Use of first names and nicknames
 - Remembering names
 - Eye contact
 - Small talk
 - Giving and receiving compliments
 - Moving into a group
 - Bystanders and strangers
 - Breaking away from a group
 - Assisting with coats
 - Deportment & Posture
 - Standing
 - Walking
 - Seating positions
 - Posture for dining
 - Chin positions
 - Entering and leaving a room
 - Dining Etiquette:
 - American style table setting
 - European style table setting
 - Eastern style table setting
 - Tablecloths and placemats
 - Laying the table
 - Centerpieces
 - Tableware
 - Knives
 - Spoons
 - Forks
 - Glassware
 - Napkins
 - Holding cutlery
 - Cutlery usage: UK vs. US
 - Chopsticks
 - The silent service code
 - Serving and passing food
 - The rhythm of dining
 - Technology at the table
 - Tricky foods
 - Unfamiliar and inedible cuisine
 - Grace, toasts, and speeches
 - Breakfast table settings
 - British and American mealtimes
- + Restaurant etiquette course.





More Courses

Mindfulness

Our Mindfulness course helps children develop emotional intelligence, resilience, and healthy daily habits. Students learn how to identify and express emotions, manage stress and frustration, practice gratitude, build confidence, regulate big feelings, develop positive self-talk, and create mindful routines that support their overall well-being.

\$240
USD

Private One-on-One Coaching

Personalized virtual coaching tailored to each client's age, goals, and learning pace. Whether preparing for a special event, improving confidence, strengthening social skills, refining dining etiquette, practicing public speaking, or navigating specific social situations, each lesson is customized to meet the child's individual needs.

\$330
USD



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