



OTTAWA EDUCATION GROUP

Salon 360

Empower Your Business. Upskill Your Workforce.

Empower personal care professional teams with skills to blend beauty and wellness!

This 8-week course focuses on nutrition, skin care, mental health, and business skills, enabling impactful health contributions alongside quality aesthetic services.

Learning Outcomes for Participants:

1. **Apply** nutrition principles for health and beauty
2. **Employ** holistic body care techniques
3. **Implement** stress and health care programs
4. **Bridge** health and beauty with business growth



Class size is minimum 6 participants (in-person or virtual). Graduates receive an OEG Certificate of Completion and a LinkedIn badge.





★ Specialized Program **Salon360**

**Ask us about grants and funding options
now available for eligible small businesses!**

Program Details

Session 1 - Nutrition Essentials

- + Nutrition and its impact on beauty and health
- + Linking diet to skin health and hair vitality
- + Integrating nutritional advice into personal care

Session 2 - Integrated Wellness

- + Wellness-centric beauty treatment knowledge
- + Hands-on training for holistic health practices
- + Identifying early signs of skin changes

Session 3 - Emotional Resilience

- + Stress management and mindfulness techniques
- + Creating a supportive and healing environment
- + Fostering self-esteem by providing access to support services

**Duration: Three
4-hour live
sessions over
8 weeks. 1–3
hours per week
online.**



**We convert skill-building for
people into a competitive
advantage for businesses.
Upskill today!**

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