
Heidi Dulebohn

MASTERING SOCIAL CODES IN LIFE:
DINING



*“One cannot think well, love well,
sleep well, if one has not dined well.”*

VIRGINIA WOOLF

How awkward! You’re seated at an important dinner party, staring at an incredibly complicated table setting with endless, unrecognizable utensils and dishes – next to someone you’ve never met, no less – knowing all eyes are on you. You’re supposed to shine, impress, and you don’t have the first clue what to do or what to say.

Are mealtime selfies acceptable? What about photos of your food? Should your phone have a place on the table next to your knife and fork? In this age of equality, who pays?

In a fast-paced, interactive two-hour virtual or in-person session, [Heidi Dulebohn](#) will deconstruct dining etiquette, from soup to nuts—including

invitations, gifts and arrivals, menu choices and dietary constraints, the cocktail hour, table settings, proper utensil usage, delightful dinner conversation, toasts, and goodbyes. Heidi will interject a little history and a lot of useful information you previously hated to hear from someone else.

Heidi will break down the social codes of dining etiquette in a memorable and engaging way so that you can understand them, appreciate the traditions, and have a little fun even as you acquire skills that will aid you in your professional and personal life forever. By the end, you’ll be able to make a witty yet moving toast, and bid your hosts goodnight with promises of future dinner invitations ringing in your ear. Why? You’ll be the “must-have” guest for every fabulous party.

THIS IS NOT YOUR GRANDMOTHER’S DINING ETIQUETTE COURSE.

It’s perfectly suited to the way we dine now – or the way we should dine. Here’s what to expect:

- Craft the perfect guest list, send and receive invitations, attire, menus—dietary restrictions, preferences, and cultural nuances, and seating guests for maximum fun, and more.
- Grasp high-level social interaction skills, and they’ll stick because she delivers the information alongside hilarious, historical “whys” and “hows”.
- Offer a confident opening gambit to navigate complex formal and informal dining events. You’ll be able to work a room during a reception, build relationships, and even conduct business without fear that choosing the wrong glass will reveal you as an impostor.
- If a meal is served: Experience an in-person, hands-on dining experience with Heidi, who will demonstrate proper techniques, answer any questions, ensure your experience is entertaining and valuable

DURATION: 2 HOURS