



Catherine J. Satchell
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Stepping into Elegance, LLC

ETIQUETTE:

Catherine Satchell is a Certified Etiquette Consultant with over 25 years of retail sales experience in women's fashions. She believes that the foundation of proper etiquette and social grace is good manners. While becoming more involved in acquiring interpersonal and networking skills, she realized the important need for mutual etiquette instruction for young men and adults. Catherine obtained her Certification from The Etiquette Institute of St. Louis and received her training by the Institute founder Maria Everding, known as "Saint Louis' first lady of manners".

ELEGANCE:

Catherine discovered her passion of providing others with the skills of proper dining etiquette during a professional dining tutorial taken in the mid 1990's. She co-developed a training seminar called "Young Ladies on a Mission" for proper dining and social etiquette, which she initially geared toward the young women of her church. Catherine was also an active member of another young ladies Christian etiquette group called "Teach Me to be a Lady."

EXPERIENCE:

Stepping into Elegance, LLC – St. Louis, MO Etiquette Consultant 2012 - Present

At Stepping into Elegance, we equip individuals and groups on consulting practices that will assist in business and social protocol, personal skills, and impression management. All of our classes are developed and aligned with the MO GLE standards. Our team of professionals teach the fundamental principles of dining etiquette, the art of proper introductions, effective communications, and social awareness.

The personal development and growth experience received through our guidance and consulting will provide you with the updated social skills to enhance your life, as you will affect the lives of others. Our programs include:

Business Card Exchange
Powerful Networking Skills
Host & Guest Responsibilities

Small Talk/Table Talk
Social Media Awareness
Formal/Informal Dining

Meet & Greet Skills
Children's Etiquette
What to Wear/When

EVENTS:

Our Etiquette programs assist many individuals and professional organizations with customizing and expanding their social and customer expectations. Some of our clients include American Association of University Women (AAUW) GEMS conference, Delta Sigma Theta Sorority, Inc., Ecclesiastical Ladies, Venice, IL School District, and Church Youth Seminars.

EDUCATION:

Lindenwood University – St. Charles, MO
Stevens Institute of Learning – St. Louis, MO

BA in Human Resource Management
Project Management Certification