

# The Ultimate Finishing School



**Sharon Beckford**  
Managing Director



**Chyna Whyne**  
CEO & Founder of  
Walking in Stiletto

The ***Walking in Stiletto School of Excellence*** is a finishing school for young girls and businesswomen who want to develop a holistic approach to beauty and heal their lives through female empowerment; awakening the Goddess within. The training involves:

- Learning to Walk in High Heels
- Alexander Technique Lessons
- Yoga and Meditation
- Healthy Eating
- Psychoanalysis/Psychotherapy
- Body Fitness
- Voice Coaching
- Fashion Grooming
- Spa Treatments for Rejuvenation
- Personal Image Creation

## Training Course

### **The 14-day training retreat:**

The 14-day training retreat takes place in Galina, St Mary Jamaica

### **What Can the WIS School of Excellence Offer Young Ladies/ Women?**



This School of Excellence trains young ladies and women to the *highest standard*; equipping them with the necessary tools that will support them before, during and after entering a beauty pageant, or mastering the corporate world. This course will inevitably give them a solid platform for a *successful life*. They are taught to place the emphasis on inner beauty by developing their spiritual, physical and emotional growth. This is especially achieved through yoga and meditation.

They are taught how to *eat healthily*, knowing the nutritional values of food that nourishes them whilst keeping their *weight stabilised*.

Whatever emotional issues that may be plaguing them, our fully trained psychotherapists help to highlight and help them to heal with weekly sessions.

If *poor posture* is a concern, the ***Alexander Technique*** corrects this issue and is used as the foundation principle for them walking in high heels.

**Voice Coaching** is necessary to help them to speak their truth, articulate themselves and remember to breathe when feeling anxious, overwhelmed or over-excited.

**Body Fitness** helps them to *shape and tone their body*, cut any unnecessary fat and keep them healthy overall.

**The Fashion Grooming** is integral to how they present themselves and what they choose to wear that suits their personality, body shape and occasion.

## **We will get you pageant ready...**

If a model is concerned about being able to be ready in time for her pageant, we work closely with her to make sure that she feels confident and able to present herself in the best light possible, *giving her the best chance of winning*. We can tailor a training programme to suit the model. Therefore, helping her to achieve the best results possible, even *in a short space of time*.



# Timetable

## Monday

6.00am – 7.00am: Yoga and Meditation

8.00am – 9.00am: Healthy Breakfast

10.00am- 11.00am: Alexander Technique

12.00pm-1.00pm: Healthy Lunch

2.00pm-4.00pm: Voice Coaching

4.00pm-5.30pm: Body Sculpt Fitness Training

6.00pm-7.00pm: Healthy Dinner

8.00pm- 9.00pm: Orientation

9.30pm: Bedtime

## Tuesday

6.00am – 7.00am: Yoga and Meditation

8.00am – 9.00am: Healthy Breakfast

9.30am- 11.00am: Learn to Walk in Heels Class (includes Alexander Lesson)

12.00pm- 1.00pm: Healthy Lunch

1.30pm- 2.30pm: Voice Coaching

3.00pm – 4.00pm: Body Sculpt Fitness Training

6.00pm-7.00pm: Healthy Dinner

7.30pm- 8.30pm: Orientation

9.00pm: Bedtime

### **Wednesday**

6.00am - 7.00am: Early Morning Run

8.00am-9.00am: Healthy Breakfast

10.00am – 11.00am: Voice Coaching

12.00pm-1.00pm-: Healthy Lunch

1.30pm- 2.30pm: Learn to Walk in High Heels Class

3.30pm - 5.00pm: Yoga and Meditation on the Beach

6.00pm – 7.00pm: Healthy Dinner

7.30pm – 8.30pm: Psychoanalysis/Psychotherapy

9.00pm: Bedtime

### **Thursday**

6.00am – 7.30am: Yoga on the Beach

8.00am- 9.00am: Healthy Breakfast on the Beach

10.30am- 12.00pm: Full Body CBD Oil Massage at the Walking in Stiletto Health and Beauty Spa

12.30pm –1.30pm: Healthy Lunch at the Spa

2.00pm – 3.00pm: Learn to Walk in High Heels Class

4.00pm – 5.00pm: Voice Coaching

6.00pm-7.00pm: Healthy Dinner

7.30pm- 8.30pm: Orientation

9.00pm: Bedtime

## **Friday**

6.00am – 7.00am: Yoga and Meditation

7.30am-8.30am: Healthy Breakfast

9.30am-10.30am: Voice Caching

11.00am-12.00pm: Body Sculpt Fitness Training

12.30pm- 1.30pm: Healthy Lunch

2.00pm- 3.00pm: Learn to Walk in High Heels Classes

3.00pm- 5.30pm: Relaxation Time

6.00pm- 7.00pm: Healthy Dinner

7.30pm- 8.30pm: Orientation

9.00pm: Bedtime

## **Saturday**

Travel to Kingston for training at the Walking In Stiletto School of Excellence  
73 Knutsford Boulevard New Kingston 5

9.00am –10.00am: Yoga and Meditation

10.30am - 11.30am: Model Coaching by Sharon Beckford

11.30am -12.30pm: Voice Presentation and Assessment

12.30pm-1.30pm: Healthy Lunch

2.00pm- 2.30pm: Alexander Lesson

3.00pm – 4.00pm: Walking in Heels, Voice Presentation and  
Assessment

4.30pm: Travel Back to Ohio Rios

7.00pm – 8.00pm: Healthy Dinner

8.00pm – 9.00pm: Orientation

9.30pm: Bedtime

## **Sunday**

6.00am- 7.00am: Yoga and Meditation

7.00am – 4.00pm: Relaxation Beach Day

### **The Benefits of Yoga and Meditation:**



Yoga and Meditation helps the mind and the body to *release stress and tension* thus creating an environment for you to connect to your higher self. This union of the mind, body and spirit is essential for *well-being and personal growth*. This is a useful tool to create *emotional balance, peace of mind, and mental clarity*. By focusing on the breath during the practice, you can develop a sense of being totally present and in the moment. Therefore, when you present yourself in everyday life and to your public, *you appear powerful, confident and in control*.

## The Benefits of Voice Coaching:



If you struggle with *lack of confidence to speak in public*, you will benefit from having voice coaching sessions. This is one of the most important areas to focus on when entering a beauty pageant or mastering the corporate world. Most times girls/women lose the pageant, or the attention of their audience, by not being able to articulate themselves and freeze on the spot when asked spontaneous questions. Voice training will give you all the tools to *project your voice with confidence* and keep you grounded so that you can become inspired to answer questions without the pressure of feeling intimidated to respond with a pertinent answer.

## The Benefits of Healthy Eating:



*Eating healthy* is essential to your well-being. On the Walking in Stiletto's training course, you are taught how to *eat healthily*, which supports your energy levels, internal health and *weight loss*. Healthy eating is reflected in your mood, hair, skin, nails, and body shape. We partner with local farmers who deliver organic fruits and vegetables straight from the farm to your plate. Healthy smoothies and green juices are a part of every programme.

## Benefits of the Alexander Technique:



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The Alexander Technique teaches you how to achieve perfect posture, how to move with grace and ease and relive neck, back and shoulder pain. It also enhances the freedom in your body by releasing tight shortened muscles, giving you an upright elegant look which reflects in your posture. This freedom also assists in helping your voice to flow, so that you can speak or sing with more ease. The Alexander Technique is highly respected within the medical field, the world of education and the scientific field. This gentle and subtle exercise also *calms your nervous system*, helping you to stay calm and serene.

## The Benefits of Learning to Walk in High Heels:



Most women *struggle to walk in high heels*, which down-plays their entire image. Even if you have the most amazing hair and makeup, dress and jewellery... if you cannot walk in high heels, the whole image as a beauty queen or confident woman is lost.

The Walking in Stiletto School of Excellence training course teaches you how to *walk in high heels with grace, elegance and ease*. The *Alexander Technique* is the foundation principle to walking in heels: allowing you to *wear your heels longer; improve your posture*; gives you a gliding effect when walking; improve your co-ordination and balance; as well as assisting you in *feeling totally confident* that you are educated on how to walk well in heels.

This training also helps to *prevent lower back pain* which can often arise from wearing heels. In addition, if back pain is already present, it will become obsolete by having regular Alexander Technique lessons.

## **Body Sculpt Fitness Training:**



*Want to lose pounds and inches* before your pageant, wedding or special occasion? ...then the body-sculpt fitness training is the ideal way to achieve your goal. The training focuses on you being able to combine movement with fitness. Targeted areas such as the waistline, buttocks, hips, triceps, abs, legs and back, are worked on to *tighten and tone muscles* resulting in a sculpted look.

In this class you improve your balance and co-ordination, build your confidence to negotiate balance and poise, as well as strengthen and tone. By guiding you with a healthy eating lifestyle, we carefully regiment your diet to guarantee a *minimum weight loss of 4lbs/1.8kg per week*.

## **The Benefits of Orientation:**



On being introduced to new experiences on this unique training course, often emotions, questions and insights arise. Discussing and being able to express whatever may be on your mind is always a great way to clarify. Orientation gives you the opportunity to speak to your course trainer to have any concerns and questions answered, as well as speaking about your own personal feelings and emotions on the journey of self – discovery.

## **Spa Treatments**



On this training course we offer a CBD Oil full body massage as a part of rejuvenation and relaxation. This massage helps to loosen tightened muscles, regenerate cells and deepen your experience of relaxation. The massage can last up to two hours depending on the condition of your body. We pride ourselves on taking time to give

you a deep releasing experience, as well as supporting your recovery time after the massage has ended. Massage and relaxation time are important components of internal and external beauty and is highly recommended.

### **Psychoanalysis/Psychotherapy**

Sometimes girls entering a pageant or women in general, have emotional or mental concerns that are deep rooted in the subconscious, affecting them on a deeper level. Often, deep-rooted issues stem from childhood and can affect self-development as a teenager or an adult. In having an opportunity to speak with a friendly, open-minded and understanding psychotherapist, one can often release limited believes and remove self-doubt that may prevent growth.

Directors of the Walking in Stilettos Training School Pageant

Chyna Whyne

Sharon Beckford



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# **SHARON M. BECKFORD**

- She has graced endless runways across the globe as she proudly held the title of Montreal's Top Black Model for over a decade.
- An Extemporaneous Motivational Speaker who has captured the attention of international audiences.
- Although she pursued her studies in law, her decision to switch careers to the fashion and retail industry gave birth to a successful entrepreneur; General Manager and CEO of Bling Bling Company Ltd.
- She is a highly acclaimed International Image Consultant and Personal Dresser/Wardrobe Coordinator assigned to numerous celebrities for nearly two decades.
- Her contribution to service oriented industries as a Professional Development Coach and Customer Service Consultant/Coach has been lauded by numerous organisations.
- During the tenure of her august career in the fashion and beauty industries, she has held the position of judge on a myriad of pageants internationally, including Miss Jamaica World.
- Her intricate involvement in pageantry has included the positions of: Wardrobe Co-ordinator; National Director; Pageant Director and Consultant.

**GOD-FEARING, SELF-DRIVEN, THE FASHIONABLY EXHILARATING,  
SHARON BECKFORD.**

# Chyna Whyne

## WALKING IN STILETTOS GOES GLOBAL

### *Walking the Walk with High-Heel Guru [Chyna Whyne](#)*

(San Diego, CA – August 12, 2019). [Chyna Whyne](#) is truly an inspiring Renaissance Woman and dynamic holistic artist-practitioner - Born in London to Jamaican parents, she is an [Alexander Technique Practitioner and Teacher](#) (a world-renowned body management discipline), High-Heel Guru with her [Walking in Stilettos Workshops](#), [Recording Artist/Songwriter/Singer](#), [Author](#), [Model](#), Pageant Coach, International Public Speaker, [Kemetic Yoga Teacher](#) and Entrepreneur (Owner of [VIP Yoga Retreats](#) at Ocho Rios, Jamaica).

Chyna is ready to take the world by storm as the Global ‘High Heel Guru’ sharing her ‘[Walking in Stilettos](#)’ wisdom so women can walk in high heels safely, preventing injuries and move elegantly without effort as well as expanding her brand with women of all ages, sizes and occupations - <https://chynawhynebrand.com/>. She believes in and exudes inclusion, diversity, instilling confidence, empowerment, charisma, glamour, femininity, presence and elegance and a relaxed self as well as promoting health and safety.

“Chyna is captivating. She is not pretentious or superficial; totally at ease with herself she radiates happiness, fun and, of course, glamour. Chyna has a very generous heart and delights in helping women wake up to how fabulous they are, beneath their doubts, fears and self-criticism. Her belief that every woman is beautiful is infectious.”

-Felicity Lerouge, [wearethecity.com](#)

It all began with Chyna singing as a child in church, then singing at school. She started a band called the Silktones after graduating and soon her band was playing gigs. Chyna entered a glamorous jet-setting lifestyle, as a model and back-up singer - recording and internationally touring with some of the greatest musicians/bands from the 1980's to the early 2000's: she sang background vocals on Peter Gabriel's 1986 Grammy-winning album "So" featuring the song "Sledgehammer" and "Big Time". Chyna provided vocals with Rick Astley on "Never Gonna Give You Up" and on "Father's Eye" by Eric Clapton. Seal would go to her bands gigs and he invited Chyna on his 1987 "Kiss of a Rose" European tour. She also sang with Bob Dylan in 1991 in Seville, as well as on Peter Townsend's "Brand New Life" from the "Iron Man" then went on a world tour with The Who. Chyna is the featured backing soloist on Eric Clapton's Pilgrim Album. She spent a year in the recording studio with Eric and afterwards toured for a year with him.

Chyna's years as a successful model and singer - constantly wearing high heels or stilettos became a difficult time as she developed extreme chronic lower back pain while touring with Eric Clapton

during 1998-99. The pain was relentless, despite chiropractic, osteopathic and physiotherapy efforts, which all failed to deliver positive long-term results. She couldn't continue wearing high heels.

Her good fortune materialized when she was introduced to the [Alexander Technique](#) in 1999 and noticed an immediate improvement. This led her to study the Alexander Technique in depth for three years from 1999-2002 and to become a fully accredited teacher of the technique.

Since 2002, Chyna has renewed her singing, modeling career, opened a wellness Spa, began providing Yoga Retreats and has been teaching "Walking in Stilettos" workshops. The response has been overwhelmingly positive with numerous testimonials praising Chyna as she explains and applies the benefits of the Alexander Technique to her *Walking in Stiletto* workshops to a wide demographic of satisfied clients and audiences. Additionally Chyna authored the book "[Master the Art of Wearing High Heels](#)" in 2017.

"Walk the walk. Live the life. Walking in stilettos. What if you could wear your sexy heels with confidence, grace and ease for longer periods of time. Now you can - walk this way!"

-Chyna Whyne

"The Alexander Technique is an educational method used worldwide for well over 100 years. By teaching how to change faulty postural habits, it enables improved mobility, posture, performance and alertness along with relief of chronic stiffness, tension and stress.

Using the Alexander Technique, students are relieved of neck, back, and shoulder pains; and taught about the importance of good posture, balance, and coordination; and how to present themselves with elegance and confidence in professional, social, and business environments. Participants will also learn about health and safety in high heels; how to buy heels correctly and wear them for longer; and the feet exercises you should embark on before stepping out".

-Maggie Barlow, American Society for the Alexander Technique (AmSAT)

Chyna recently taught courses <https://youtu.be/ey8jl3egdCA> and coached women at the [American Society for the Alexander Technique](#) Annual Conference and General Meeting, June 26-30 at Columbia University in New York as well as delivering courses and workshops at the Caribbean Maritime University in Kingston, Jamaica. She recently coached two current pageant finalists, Sasha Henry ([Miss Universe Jamaica](#) 2019 Finalist) and Thalia Malcolm ([Miss Jamaica World](#) 2019 Finalist) with topics such as positive body image, healthy food choices, yoga, Alexander Technique and safety and poise walking the catwalk techniques in stilettos.

On August 9th, Chyna performed at the charity event *Ignite the Catwalk* (Sponsor Diamonds International) with proceeds for hospital equipment for Falmouth General Hospital at Margaritaville in Jamaica (Ocho Rios, St. Ann). Chyna also performed "Kick Up Your Feet and Dance" at the Jamaican Independence Day August 6<sup>th</sup> in Kingston, Jamaica.

Chyna's "Train the Trainer" series, which began in 2016, helps to spread awareness of the Alexander Technique on a global basis with China Doll "Walking Stiletto" Ambassadors.

Ms. Whyne is also back at recording music and worked with Barry O'Hare's Studio at Jack Ruby Plaza in Ocho Rios in 2016 featuring the singles *Walking in My Stilettos* and *Pick Up Your Feet and Dance*. She collaborated with Elephant Man on her single *Sexy Baal Ed*. She wrote her new upcoming 'Cultural Reggae' album *Melanin* with eleven songs (including the single *Melanin*, which was produced by Grammy Award-winner Barry O'Hare. recorded at World-a-Muzic in Ocho Rios, Jamaica.