

Victoria Workshops – Course Catalogue

*Therapeutic Photography • Confidence • Visual Branding &
Lifestyle Programs*

This catalogue showcases the full spectrum of Victoria Workshops offerings, organized under five core categories: Professionals & Entrepreneurs, Creatives, Personal Development, Value-Added Lifestyle, and Online Learning. These sessions are available for individuals, communities, and organizations seeking experiential, psychologically informed workshops that merge photography, neuroscience, and confidence-building.

Victoria Workshops – Course & Workshop Catalogue

Format Legend

Standard Delivery Formats (tick what applies for each booking):

- ☐ Keynote (45–60 min)
- ☐ Lunch & Learn (45–75 min)
- ☐ Half-Day Workshop (2.5–3.5 hrs)
- ☐ Full-Day Intensive (5–7 hrs)
- ☐ Online Program / Virtual Session

1. Professionals & Entrepreneurs

Standard Delivery Formats:

- ☐ Keynote ☐ Lunch & Learn ☐ Half-Day Workshop ☐ Full-Day Intensive ☐ Online Program

1. Identity Strategies 101: Who You Are in the Room vs. Online

Summary: Aligns in-person presence with digital presence so staff and leaders feel like the same person on Zoom, LinkedIn, and in the boardroom.

Best For: Corporate teams, entrepreneurs

2. Networking Strategies: Peel Off the Plastic™ for Authentic Connections

Summary: Uses the Peel Off the Plastic™ metaphor to replace fake networking with grounded, honest, psychologically safe conversations.

Best For: Corporate teams, conferences, entrepreneurs

3. Creating a Unique Brand: Standing Out in a Crowded Market

Summary: Clarifies what truly makes a brand different and turns that into clear visuals, stories, and positioning talking points.

Best For: Entrepreneurs, small businesses

4. Corporate Portraits with Personality: Beyond the Standard Headshot

Summary: Reframes headshots as micro-stories that show personality while staying professional and on-brand.

Best For: Corporate comms, HR, marketing

5. Executive Presence on Camera: Visual Leadership for Modern Teams

Summary: Teaches leaders how to project authority and warmth on camera for town halls, videos, and virtual meetings.

Best For: Executive teams, senior leaders

6. Thought Leadership Through Images

Summary: Shows experts how to visually communicate authority using portraits, behind-the-scenes images, and content series.

Best For: Consultants, speakers, industry experts

7. LinkedIn Image Lab

Summary: A practical makeover lab for LinkedIn photos and banners that quietly signal credibility, approachability, and clarity.

Best For: Corporate staff, job seekers, professionals

8. Story-Driven Branding: Using Photos to Communicate Company Values

Summary: Translates values like empathy or innovation into concrete scenes and images your team can actually capture.

Best For: Corporate leadership, HR, marketing

9. From Staff Photo to Brand Ambassador

Summary: Helps employees understand how to show up visually as trusted representatives of the organization, not just headshots on a page.

Best For: Corporate teams, brand ambassadors

10. Confidence in Client-Facing Roles

Summary: Blends body language, voice presence, and visual cues to help client-facing staff feel calm, clear, and confident.

Best For: Sales, service, frontline teams

11. Reputation Repair: Visual Strategies After Change or Crisis

Summary: Outlines sensitive, ethical visual approaches to rebuilding trust after major change, conflict, or reputation damage.

Best For: Leadership, PR, communications

12. Hybrid & Remote Presence

Summary: Teaches remote teams how to look cohesive and professional on camera, even from different homes and time zones.

Best For: Remote and hybrid teams

13. Leadership Portraits: Photographing & Coaching Decision Makers

Summary: Trains internal creative/comms staff to direct and photograph leadership in a way that respects time and psychology.

Best For: In-house creative, comms and marketing teams

14. Visual Trust Signals: What Your Photos Say Before You Speak

Summary: Breaks down subtle visual trust cues—eye contact, posture, background—and how to use them intentionally.

Best For: Corporate teams, sales, leaders

15. Brand Alignment for Teams

Summary: Ensures everyone—from interns to executives—visually looks like they belong to the same brand family while keeping individuality.

Best For: Corporate teams, multi-location orgs

16. Pitch Deck Imagery: Photos That Support the Story

Summary: Shows how to select or create images for decks that clarify the message instead of distracting from it.

Best For: Startups, sales teams, internal presenters

17. Authority Without Arrogance

Summary: Helps experts show credibility on camera without coming across as ego-driven or performative.

Best For: Leaders, specialists, spokespeople

18. Psychology of First Impressions: Faces, Hiring & Sales

Summary: Explores research on rapid judgments from faces and outlines ethical ways to design fair, aware visual practices.

Best For: HR, leadership, sales teams

19. Personal Brand Blueprints for Founders & Executives

Summary: Builds a one-page personal brand map (values, visuals, stories) each leader can share with their team or agency.

Best For: Founders, C-suite, key influencers

20. Corporate Culture in Pictures

Summary: Guides teams to photograph everyday culture moments that genuinely reflect what it feels like to work there.

Best For: HR, internal comms, employer branding

21. From Card to Camera: Business Card, Website & Social Cohesion

Summary: Aligns business cards, websites, and social images so clients feel a seamless experience across touchpoints.

Best For: Entrepreneurs, small business owners

22. Visual Marketing for Service-Based Businesses

Summary: Teaches how to “show” intangible services (counselling, coaching, consulting) with empathic, story-based imagery.

Best For: Service providers, wellness pros

23. Onboarding with Intention: New-Hire Portraits that Build Belonging

Summary: Redesigns new-hire photos as a welcome ritual, not just admin—supporting belonging from day one.

Best For: HR, people & culture, leadership

24. Brand-Safe Selfies: Staff Posting Without Diluting the Message

Summary: Gives employees clear, simple visual guidelines so personal posts support the brand instead of confusing it.

Best For: Corporate teams, social media policy leads

25. Photography-Driven Employer Branding

Summary: Uses honest photography to attract values-aligned talent, not just more applicants.

Best For: Talent acquisition, HR, leadership

2. Creatives

Standard Delivery Formats:

☐ Keynote ☐ Lunch & Learn ☐ Half-Day Workshop ☐ Full-Day Intensive ☐ Online Program

26. Posing the Mind: Therapeutic Photography for Creatives

Summary: Introduces therapeutic photography principles so creatives can work more gently and insightfully with subjects and themselves.

Best For: Creatives, educators, coaches

27. Finding Your Photography Style

Summary: Helps photographers move from copying others to finding and naming their own recognizable visual language.

Best For: Photographers, advanced hobbyists

28. The Art of Portraiture: Capturing Emotion & Personality

Summary: Focuses on connection, direction, and timing to capture real emotion rather than stiff smiles.

Best For: Portrait/fashion photographers

29. iPhone Photography: Creating “Wow” Images

Summary: Teaches people to use light, angles, and composition with the phone they already own.

Best For: Mixed audiences, staff, youth

30. Directing Real People: Coaching Non-Models

Summary: Offers language, prompts, and micro-adjustments to help everyday people feel safe and look natural on camera.

Best For: Photographers, videographers

31. Storytelling with a Single Frame

Summary: Uses symbolism, gesture, and composition so one image can hint at a much bigger story.

Best For: Creatives, storytellers

32. Moody vs. Clean: Editing for Emotional Impact

Summary: Shows how editing choices change the emotional tone and how to select a style on purpose.

Best For: Photographers, content creators

33. Working with Available Light

Summary: Teaches how to use windows, hallways, and real-world spaces to create flattering, natural portraits.

Best For: Creatives, in-house content teams

34. Creative Self-Portraits: Turning the Camera on Yourself

Summary: Encourages using self-portraits as creative experiments and identity studies, not just selfies.

Best For: Creatives, personal growth groups

35. From Snapshot to Series

Summary: Guides participants in turning random images into cohesive projects with themes and structure.

Best For: Photographers, students

36. Facial Micro-Expressions: Reading & Capturing the In-Between

Summary: Explores micro-expressions and how to anticipate and capture those powerful, fleeting emotional moments.

Best For: Photographers, coaches

37. Character Headshots: Building Roles, Not Just Faces

Summary: Creates character-based headshots for actors and performers that casting directors can actually read.

Best For: Actors, performers, photographers

38. Photographing Creatives for Their Brand

Summary: Shows how to photograph artists, designers, and makers in ways that support their business identity.

Best For: Brand/portrait photographers

39. Visual Archetypes in Portrait Work

Summary: Uses archetypes (rebel, mentor, caregiver, etc.) to deepen storytelling in portraits.

Best For: Creatives, coaches, educators

40. Confidence Behind the Camera

Summary: Supports shy photographers in using their voice, posture, and planning to lead sessions calmly and clearly.

Best For: Photographers, videographers

41. Photographing in Motion: Movement, Fabric & Gesture

Summary: Teaches how to direct and capture movement for dynamic fashion, dance, and lifestyle imagery.

Best For: Fashion/lifestyle photographers

42. Location Scouting for Story

Summary: Helps creatives read spaces for symbolism, light, and mood, treating locations as characters.

Best For: Photographers, filmmakers

43. From Moodboard to Shoot Day

Summary: Walks through the full process from inspiration and moodboard to shot list and shoot execution.

Best For: Creative directors, photographers

44. Ethical Image-Making: Consent, Power & Representation

Summary: Explores ethics and power dynamics in photographing clients and communities, with practical consent practices.

Best For: Creatives, nonprofits, educators

45. Directing Couples & Families

Summary: Uses games and prompts to create genuine connection on camera rather than stiff family poses.

Best For: Family photographers

46. Editorial vs. Commercial

Summary: Clarifies the goals, constraints, and opportunities of editorial storytelling vs. brand-driven work.

Best For: Photographers, creative businesses

47. Building a Psychologically Smart Portfolio

Summary: Reviews what a portfolio silently says about the photographer and how to align it with desired clients.

Best For: Photographers, creatives

48. Shooting for Social Media: Vertical & On-Brand

Summary: Teaches how to create vertical, snackable content that still feels consistent with long-term brand identity.

Best For: Creatives, social media teams

49. Working with Makeup, Hair & Wardrobe Teams

Summary: Strengthens collaboration with glam/wardrobe teams for cohesive visual outcomes and smoother shoot days.

Best For: Photographers, stylists, producers

50. Pitching Your Creative Services

Summary: Helps creatives build visual pitch decks that clearly communicate value, process, and outcomes.

Best For: Creatives, small studios, freelancers

3. Personal Development

Standard Delivery Formats:

☐ Keynote ☐ Lunch & Learn ☐ Half-Day Workshop ☐ Full-Day Intensive ☐ Online Program

51. Body Positivity & Self-Love Through Photography

Summary: Uses gentle photos and guided reflection to soften body shame and build kinder self-perception.

Best For: Public groups, corporate wellness

52. Building Confidence in Front of the Camera

Summary: Breaks down camera anxiety into manageable steps with posture, expression, and breathing tools.

Best For: Mixed audiences, staff

53. Photography as Self-Care

Summary: Introduces photo rituals for grounding, stress relief, and burnout recovery.

Best For: Corporate wellness, caregivers

54. The Journey of Self-Love: Self-Portraiture

Summary: Uses structured self-portrait prompts to explore identity, grief, and growth in a safe way.

Best For: Retreats, women's groups

55. Rewriting the Mirror Story

Summary: Helps participants replace harsh “mirror scripts” with kinder, more truthful internal narratives.

Best For: Public, staff wellness

56. From Awkward to At-Ease

Summary: Uses consent-based exposure with the camera to reduce fear and discomfort over time.

Best For: Anxious participants, wellness programs

57. Image & Identity After Big Life Changes

Summary: Explores how divorce, illness, or career shifts change self-image and how to reclaim it with photos.

Best For: Support groups, corporate change programs

58. Boundaries & Beauty: Being Seen Without Performing

Summary: Teaches how to be visible without over-performing, people-pleasing, or self-erasing.

Best For: Mixed audiences, women’s networks

59. Calming the Inner Critic

Summary: Uses photography as evidence against distorted self-talk and offers practical cognitive tools.

Best For: Public groups, wellness

60. Confidence Capsules

Summary: Builds tiny, repeatable daily practices—visual and verbal—that compound into identity change.

Best For: Busy professionals, mixed groups

61. Photographic Journaling

Summary: Introduces image-based journaling as a private emotional diary, no posting required.

Best For: Public, therapy-adjacent groups

62. Navigating Aging on Camera

Summary: Reframes aging features as story and wisdom while addressing ageism and self-criticism.

Best For: Older adults, DEI/wellness programs

63. From Comparison to Celebration

Summary: Helps participants use social media more safely and reduce comparison stress.

Best For: Public, schools, workplaces

64. Healing from Bullying: Reclaiming Your Image

Summary: Uses therapeutic photography to support those recovering from bullying and exclusion.

Best For: Youth groups, schools, community orgs

65. Faith, Identity & Image

Summary: Explores how faith and identity intersect with image and public perception in a grounded, values-based way.

Best For: Faith communities, retreats

66. Grief & Legacy: Honouring Stories Through Photos

Summary: Uses photos and simple rituals to process grief and honour loved ones.

Best For: Grief groups, churches, families

67. Camera as Courage Coach

Summary: Uses portrait prompts to rehearse boundary-setting, honesty, and difficult conversations.

Best For: Leadership programs, mixed groups

68. Micro-Expressions & Emotional Awareness

Summary: Teaches facial cue awareness to increase emotional literacy and empathy in everyday life.

Best For: Corporate teams, educators

69. The Nervous System & the Lens

Summary: Offers nervous-system regulation tools before and during any photo or public visibility moment.

Best For: Mixed audiences, anxious participants

70. Wardrobe as Witness

Summary: Uses clothing as a lens to examine old identities and support who participants are becoming.

Best For: Women's groups, professionals

71. Couples & Cameras: Seeing Each Other Anew

Summary: Uses gentle photo exercises to help couples re-notice and appreciate one another.

Best For: Couples, relationship retreats

72. Parents on Camera

Summary: Equips parents to model healthy body image and camera comfort for their children.

Best For: Parent groups, schools

73. Reclaiming Playfulness

Summary: Invites silly, imperfect self-portraits to reawaken joy and nervous system relief.

Best For: Public groups, wellness programs

74. Self-Compassion on Bad-Face Days

Summary: Offers emergency scripts and practices for days when self-criticism around appearance spikes.

Best For: Mixed audiences

75. Designing a Personal Visual Manifesto

Summary: Guides participants to create a one-page visual statement of identity and direction.

Best For: Mixed audiences, coaching groups

4. Value-Added Lifestyle

Standard Delivery Formats:

☐ Keynote ☐ Lunch & Learn ☐ Half-Day Workshop ☐ Full-Day Intensive ☐ Online Program

76. Cannabis for Health & Wellness

Summary: Opens an honest, non-sensational conversation about intentional, responsible cannabis use for wellness (where legally appropriate).

Best For: Public events, wellness programs

77. Fashion Psychology: How Clothing Expresses Identity

Summary: Explores how wardrobe choices affect mood, confidence, and how others read us.

Best For: Mixed audiences, women's networks

78. Travel Photography: Culture, Story & Respect

Summary: Teaches ethical, story-rich travel photography that honours people and places.

Best For: Travel clubs, public groups

79. Food Photography: Composition, Styling & Mood

Summary: Introduces simple food styling and lighting to make meals look as good as they taste.

Best For: Restaurants, creators, home cooks

80. Wardrobe Detox

Summary: Guides participants through clearing clothing that undermines confidence and comfort.

Best For: Public groups, women's circles

81. The Capsule Closet

Summary: Helps people build small, mix-and-match wardrobes that reduce decision fatigue.

Best For: Professionals, parents, staff

82. Date-Night & Event Imagery

Summary: Shows couples and families how to capture evenings out in a way that honours the memory, not just the table.

Best For: Public, couples

83. Family Legacy in Pictures

Summary: Teaches families to curate, scan, and organize photos so stories aren't lost.

Best For: Families, churches, community orgs

84. Everyday Moments, Extraordinary Images

Summary: Trains the eye to recognize beauty and story in simple daily moments.

Best For: Public groups, wellness programs

85. Home as Background

Summary: Helps people style their space for calm and for better video calls and content.

Best For: Remote workers, mixed audiences

86. Mindful Smartphone Use

Summary: Offers healthier rhythms for taking, storing, and consuming photos on smartphones.

Best For: Schools, workplaces, parents

87. Charcuterie & Conversation

Summary: Uses charcuterie boards as metaphors for personality types and conflict styles to open hard conversations.

Best For: Corporate teams, retreats

88. Hosting Photogenic Gatherings

Summary: Balances guest experience and visual flow so events feel good and photograph well without being performative.

Best For: Event hosts, hospitality, community groups

89. Visual Gratitude Practice

Summary: Introduces a simple photo-a-day gratitude system that supports mental health.

Best For: Mixed audiences

90. Travel Light, Shoot Smart

Summary: Helps travellers pack just enough gear and plan shots without overloading themselves.

Best For: Travel enthusiasts, tour groups

91. Memory-Safe Sharing

Summary: Teaches safe, ethical ways to share children's images online and in print.

Best For: Parents, schools, kids' programs

92. Seasonal Style & Mood

Summary: Connects seasonal wardrobe choices with mood regulation and emotional support.

Best For: Public groups, wellness programs

93. Self-Care Weekends at Home

Summary: Helps people design retreat-style weekends using photos, rest, and small rituals at home.

Best For: Public groups, corporate wellness

94. Nature Walks & Lens Work

Summary: Combines mindful walking with photo prompts for grounding and connection to nature.

Best For: Public, retreats, wellness programs

95. Lifestyle Storyboarding

Summary: Guides participants to visually storyboard the life they're moving toward and use it as a decision compass.

Best For: Mixed audiences, coaching groups

5. Online Learning

Standard Delivery Formats:

☐ Self-Paced Course ☐ Live Online Series ☐ Hybrid (Live + Self-Paced)

96. Get to Know You Series (Workbooks)

Summary: Guided visual self-discovery workbooks blending questions and photo prompts for deeper personal insight.

Best For: Mixed audiences

97. Self-Paced Confidence on Camera Course

Summary: A step-by-step online journey from camera-anxious to relaxed, expressive, and at ease.

Best For: Public, staff, creators

98. Posing the Mind Online

Summary: Digital training in your therapeutic photography foundations for both individuals and helping professionals.

Best For: Coaches, therapists, creatives

99. Peel Off the Plastic™ Digital Workshop

Summary: Online version of your signature networking workshop for remote teams and individuals.

Best For: Corporate teams, entrepreneurs

100. 30-Day Self-Portrait Challenge

Summary: Daily prompts that slowly shift how participants see themselves and show up in images.

Best For: Public, retreats, wellness add-ons

101. Foundations of Visual Branding for Solo Professionals

Summary: E-course that helps solo professionals define brand story, visuals, and image needs.

Best For: Freelancers, solo practitioners

102. Smartphone Studio: Mini Brand Studio at Home

Summary: Teaches how to create consistent brand visuals from a small home setup with minimal gear.

Best For: Entrepreneurs, small businesses

103. The Confidence Capsule (Online)

Summary: Weekly reflection + photo-journal system for tracking emotional and identity growth.

Best For: Mixed audiences

104. Online Mentoring: 1:1 Visual Identity Coaching

Summary: Custom one-on-one support in personal branding, confidence, or therapeutic photography.

Best For: Professionals, creatives

105. Group Mentorship Pods

Summary: Small-group online labs exploring image, identity, and visibility with peer support.

Best For: Mixed audiences

106. The Fashion Files Companion Course

Summary: Explores runway and fashion psychology as tools for everyday confidence and influence.

Best For: Fashion lovers, professionals

107. Creative Blocks to Creative Flow

Summary: Six-week intensive combining assignments and psychological tools to break creative ruts.

Best For: Creatives, advanced hobbyists

108. Therapeutic Photography for Helpers

Summary: Training for coaches, therapists, and leaders to safely integrate photo tools in their work.

Best For: Helping professionals, facilitators

109. Legacy in the Cloud

Summary: Teaches families to curate, organize, and present digital photo archives with intention.

Best For: Public, family programs

110. Build-Your-Brand-in-90-Days

Summary: A guided 90-day sprint to create a clear visual brand identity and content plan.

Best For: Entrepreneurs, intrapreneurs