

DINING ETIQUETTE SERIES

Table Manners Training

Master dining etiquette, build confidence at the table, and make a lasting impression — at business lunches, formal dinners, and every social occasion.

"Dine with Elegance. Impress with Confidence."

Good table manners are an important part of personal and professional success. Whether you are attending a business lunch, a formal dinner, a family celebration, or a social gathering, knowing how to behave confidently at the dining table tells a great deal about who you are — and the impression you leave on others.

Many people feel anxious or unsure of themselves at formal meals. Which fork do I use first? When do I start eating? How do I handle a bread roll? What do I do if I spill something? These questions might seem small, but not knowing the answers can make you feel uncomfortable and self-conscious at exactly the moments when you most want to appear confident and polished.

The **GroomX Table Manners Training** program removes all that uncertainty. You will learn the complete set of dining etiquette rules — from how to set a formal table and use cutlery correctly, to how to order at a restaurant, handle difficult foods, and conduct yourself during a business meal. You will practise in a real dining setting so that by the end of the course, good table manners feel completely natural.

In professional settings especially, how you behave over a meal can influence important decisions about business relationships, career opportunities, and your personal reputation. This course ensures you always make the right impression — no matter how formal the occasion.

Why Choose This Course

Feel confident at any dining occasion

Whether it is a business lunch or a five-course formal dinner, you will know exactly what to do — and feel completely at ease at the table.

Make a great professional impression

How you behave over a meal is noticed. Polished dining etiquette signals professionalism, attention to detail, and social awareness.

Master formal cutlery and table settings

No more guessing which fork to use. Learn the complete formal place setting and how to navigate it with ease and confidence.

Handle every dining situation gracefully

From ordering at a restaurant to handling difficult foods and managing unexpected situations — you will know exactly how to handle it all.

Excel in business dining situations

Business meals are about relationships, not just food. Learn how to combine professional conversation with dining etiquette to build strong business connections.

Hands-on, practical dining practice

This is not just classroom learning. You practise real dining scenarios so that everything you learn becomes second nature before you leave.

Module Outline

1 Why table manners matter — the power of dining etiquette

This first module sets the context — why does dining etiquette matter in today's world? You will learn how your behaviour at the table affects your personal brand, professional relationships, and social confidence, and why the effort to learn these skills is always worthwhile.

2 The formal table setting — understanding your place setting

A formal dining table can look intimidating with multiple forks, spoons, glasses, and plates. This module breaks it all down clearly — what each piece of cutlery and crockery is for, where it is placed, and which order to use everything in. After this, no table setting will confuse you again.

3 Using cutlery correctly — the American and Continental styles

There are two main styles of using cutlery — the American style and the Continental (European) style. You will learn both, understand when each is appropriate, and practise them until they feel completely natural. Proper cutlery use is one of the most noticeable aspects of dining etiquette.

4 Napkin etiquette — the correct use of your table napkin

The table napkin has a precise etiquette of its own. When to unfold it, how to place it on your lap, what to do when you leave the table temporarily, how to use it correctly during a meal, and the proper way to leave it at the end — this module covers every detail.

5 Posture and personal presentation at the table

How you sit, hold yourself, and present yourself at the table is as important as what you eat. Learn the correct posture, how to sit comfortably yet elegantly, what to do with your hands when not eating, and how to maintain a composed, confident presence throughout a meal.

6 Ordering at a restaurant — menus, courses, and choices

From understanding a multi-course menu to communicating with waitstaff politely, this module covers everything about ordering — how to read a formal menu, how to ask about dishes respectfully, how to handle dietary requirements gracefully, and the correct order of courses.

7 Bread, soup, and starter etiquette

The first courses of a meal come with their own set of etiquette rules. Learn how to handle a bread roll (never cut it — always break it), how to eat soup correctly without slurping, and how to approach starters in a way that sets a polished tone for the entire meal.

8 Main course etiquette — eating gracefully

This module covers everything about the main course — pacing your meal to match others at the table, how to cut and eat different foods correctly, how much to put on your fork at one time, what to do with bones or unwanted items, and signals that show you have finished eating.

9 Handling difficult and unfamiliar foods

From shellfish and whole fish to artichokes and fondue — some foods are genuinely tricky to eat gracefully. This module prepares you for the foods that most often cause confusion or embarrassment, so you can approach any dish at any table with complete composure.

10 Glassware and beverage etiquette

From water and juice to wine and other beverages, there is an etiquette to how you hold glasses, how you pour, how you drink, and how you handle toasts. Learn the correct way to manage beverages at a formal table — including what to do if you do not drink alcohol.

11 Dessert and after-dinner etiquette

The final courses of a meal have their own etiquette too. Learn how to navigate dessert gracefully, how to handle tea and coffee service properly, when it is appropriate to leave the table, and how to close a meal in a way that leaves a lasting positive impression.

12 Business dining etiquette — meals with a purpose

A business meal is very different from a casual dinner. Learn the specific rules that apply when dining for professional purposes — who chooses the restaurant, who sits where, who orders first, when to discuss business, how to handle the bill, and how to use the meal to build strong professional relationships.

13 Conversation at the table — dining and talking together

Dining is a social experience. Learn the art of table conversation — how to keep conversation flowing naturally, what topics are appropriate or inappropriate, how to include everyone at the table, and how to balance eating and talking so you are always an enjoyable dining companion.

14 Handling mistakes — grace under pressure

Everyone makes mistakes occasionally — a spill, a dropped fork, an accidental slurp. This module teaches you how to handle dining mishaps with grace and humour, recover quickly without making the situation worse, and maintain your composure and confidence throughout.

Practical dining session — putting it all together

The final module is a full practical dining experience. You will sit down to a real meal and put everything you have learned into practice — from the moment you are seated to the moment you leave the table. Your trainer observes and provides personalised feedback so you leave fully prepared.

What You Will Be Able To Do After This Course

✓ Navigate any formal table setting with ease

✓ Use cutlery correctly in any dining style

✓ Order confidently from a formal menu

✓ Handle all courses and difficult foods gracefully

✓ Behave professionally at business meals

✓ Manage glassware and beverages correctly

✓ Recover gracefully from dining mistakes

✓ Be a confident, polished dining companion

Who Is This Course For?

Working professionals

Anyone who attends business lunches, client dinners, or corporate events and wants to feel fully confident and polished.

Students and freshers

Young professionals preparing for campus placements, interviews, or their first professional dining experiences.

Anyone seeking social polish

Anyone who wants to feel more confident, elegant, and comfortable at formal dining occasions of any kind.

Frequently Asked Questions

Do I need to know anything about formal dining before joining?

No prior knowledge is required at all. This course starts from the very basics and builds up step by step. Many of our students come in feeling completely unsure of themselves at a formal table and leave feeling genuinely confident and prepared.

Is this course only about Western dining etiquette?

The course focuses primarily on formal dining etiquette as it applies to professional and social settings in India and internationally — including both Western and Indian formal dining contexts. The skills are relevant and applicable across a wide range of dining occasions.

Is there a real dining practice session included?

Yes. The final module is a full hands-on dining practice session where you sit at a properly set formal table and practise everything you have learned in a real-life setting with guidance and personalised feedback from your trainer.

How is the course conducted and how long does it take?

Contact us at 9036111000 or visit our office to learn about the current schedule, batch options, and duration. We will help you find the format that works best for your needs and timeline.

What Our Students Say

★★★★★

"I had a big client dinner coming up and was genuinely nervous about embarrassing myself. After this course, I felt completely prepared. My client even commented on how polished and confident I seemed. Worth every rupee."

Vikram S.

Account Manager, Bangalore

★★★★★

"I always avoided formal dining situations because I was unsure of the rules. GroomX made it so simple and fun to learn. Now I actually enjoy formal dinners. The practical session at the end was especially helpful."

Divya K.

HR Professional, Bangalore

Dine with elegance. Impress with confidence.

Join GroomX Table Manners Training and never feel uncertain at a dining table again — personal or professional.

Call us: 9036111000 | Visit our office in Bangalore anytime