



What is your image now?



Whatever you're struggling with concerning your image, I'd love to help you get it right. Have an image that is just right for you – your personality, lifestyle, career etc. One that is authentically YOU. What looks good on someone else, may not look good on you. It's all about having an image that reflects who you are and what you stand for.

Your image is evolving. What has worked in the past may not work now. Come and discover that fabulous person within you who is aching to show herself. I am very excited about the support programme that I have developed for you.

Discover what makes you feel excited, what makes you feel worthwhile, where is the 'on' switch for you to have fun? We'll find out what makes you tick. We'll get you ready for some chosen dates, dressy and casual. We'll cover how to use your best colours, how to play up your assets, and what to wear to help you achieve your goals.

Your exclusive image coaching plan will show you how to take control of your image, giving you more confidence and helping you to attract the people and opportunities that you want in your life.

Image is about how we see ourselves and how we appear to the rest of the world.

The way we dress and act gives messages to others about who we are, what we stand for and how we feel. Whether this intentional or not, we are always communicating ideas of who we are. We look for similarities between ourselves and others and decide if we want to know more about a person.

What is on the outside is a reflection of what we are on the inside. However sometimes what we show to the world doesn't quite gel with who we are. That's where **Exclusively You** can help. Together, we can put a plan in place to have you feel more authentic – being who you are and getting what you want.



Having spent over twenty years in the image industry I have enjoyed meeting people from many walks of life, situations and backgrounds.

Your **personalised plan** is simple to follow and, best of all, it's fun!

Here are some of the steps we'll take together:

- What messages your image is giving others about you
- Find out who you really are
- See what is standing in your way right now
- What colours show you to your best advantage
- How your clothing style has evolved and where to from here ...
- How to have everything you need and wear everything you have
- How to dress to suit your personality
- Find how to wear colours that look good on you and make you feel good
- Discover your personal style and learn how clothes should fit you
- Give your wardrobe a workout and start putting outfits together
- Be the person you always wanted to be
- Have an on-going plan

Whether you want to address

- the image you have of yourself
- the image others have of you, or
- the image you *think* others have of you

then you have come to the right person. Between us, we'll put everything in place for you to be happy with yourself and confident in what you do.

I remember when my image undermined me rather than supported me. I decided to fix it. If you can relate to that I'd love to help you.

Remember - What you wear tells people how to treat you

Contact me now to see how our **image plan** can work for you