

Image, Style & Colour for the Individual or to Improve Corporate Image

Presenting the right image is important to all of us whether an individual or corporately.

It brings out our personality, our authenticity and allows us to be what we are. It is a well known fact that, initially, we communicate and influence much more through our appearance and our manner, than by what we say. Many subconscious decisions are made about us or our organisation within the first 40 seconds of a meeting. This affects anyone who deals face to face with people, e.g. sales & marketing, hospitality & reception, professionals in many areas i.e. HR, Finance or Legal – in fact anyone 'front-line' of an organisation, and is particularly pertinent for a potential interviewee.

Style Coaching™

Regardless of your position in life, whether you are a highly-paid professional, a fulltime mother or someone looking for work, wearing colours that suit your personality and clothes that flatter your body shape will bring you endless benefits.

Feeling really 'good' about YOU and presenting yourself the 'right' way is important to all of us whether we are male or female, young or mature. Style Coaching™ is a fantastic blend of the skills that a Life Coach and an Image Consultant can bring together to enhance the personal growth of individuals. It encourages and demonstrates to individuals the importance of projecting an image that they are comfortable with, that is professional and age appropriate for them.

Style Coaching™ allows individuals to realise their full potential and can boost their self-confidence and self esteem.

Personal Colour Analysis

Create a dynamic first impression by wearing the colours that suit your personality & style. Feel more confident about yourself and this confidence and positive attitude will ripple into other areas of your life.

- Discover your most flattering colours to wear to look your best.
- Explore and understand the colours that can work as basis for a wardrobe plan.
- Build a well co-ordinated wardrobe over time.
- Improve your confidence and self-esteem.
- Take away an Individual colour swatch booklet of your best colours.

Corporate Image

Most businesses today, large or small, invest in their brand image. They recognise the importance of good signage, a logo with impact and powerful communications materials.

When it comes to their team representing the brand every time they meet a customer or a client, they can sometimes turn a blind-eye.

Your employees are ambassadors for your brand and the way your staff present themselves, is an extension of your company's brand image. Investing in that image is essential as it will enhance how they and the company are perceived by current and future clients.

In business, first impressions last: they can make you or break you. A company whose employees are committed to creating a professional positive first impression has the business edge.

- Image/style coaching sessions are fun and informal and can aid team building.
- Your staff will feel valued and inspired.
- Understanding how to create a good impression can raise people's self esteem.
- Although image & style coaching™ is a business tool it can be used as a reward.

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