

SJ PERSONAL STYLE COACHING: SERVICES EXPLAINED

What is a 'Coach'?

- A Coach is someone who pushes you to get the absolute most out of yourself in terms of your potential.
- Our focus is on SELF-DEVELOPMENT – we share our knowledge, experience and skills
- We EMPOWER you - so we educate, motivate and support you to reach your identified personal goals.
- We work confidentially and abide by a clear professional code of conduct.

What is a 'Personal Style Coach' and what do I do?

As a Personal Style Coach I share my knowledge, expertise and experience of clothing and styling with you to help you transform your image and refine your style. Unlike a stylist, I empower you with the knowledge and the skills so you know how to style yourself. I work with you from the inside out, so I focus on building your self-confidence by helping you to understand who you are and what makes you unique and then guide you to use that to create a personal style that radiates the authentic confident you.

My experience:

- Multi Award Winning entrepreneur and designer with over 40 years fashion styling, sewing and fashion design experience.
- Extensive business experience including setting up and owning my own slow fashion brand and Personal Style Coaching Consultancy business
- Various Health & Human Science qualifications and a Bachelor of Science Honours degree which included psychology and counselling skills and over 20 years experience of working with, mentoring and empowering vulnerable groups in the community.

Four core areas I work on with my clients:

1. Re/Discovering their uniqueness and understanding who they are
2. Identify and get rid of any blocks to achieving their style goal (style blockers)
3. Show clients how to love and understand their body shape and how to get the most out of it
4. Help women to identify and define their personal style and build a strong working wardrobe

I offer various different 1-2-1 face to face and on-line packages to achieve this



Types of women I work with:

- All ages and backgrounds including professionals and people from the entertainment industry
- Women who simply want to revamp and reinvent their look
- Individuals going through life transitions i.e. age milestones, adapting to motherhood, divorce/ relationship breakups, looking for new partners, reignite a connection with their partner, women starting businesses or pursuing new careers etc
- Women who have experienced body changes due to weight-gain, weight loss or health conditions
- Women with low self-confidence and body confidence issues including depression and body dysmorphia

Want to find out more?

**Email: sjpersonalstylecoach@gmail.com
to arrange a Free 20 minute
no-obligation consultation?**

