

*"I can honestly say that my session with Shenda was life transforming. She is not only skillful but warm and encouraging and would make anyone feel instantly at ease." Anne, Solicitor*

## Shenda Collins Image Coach

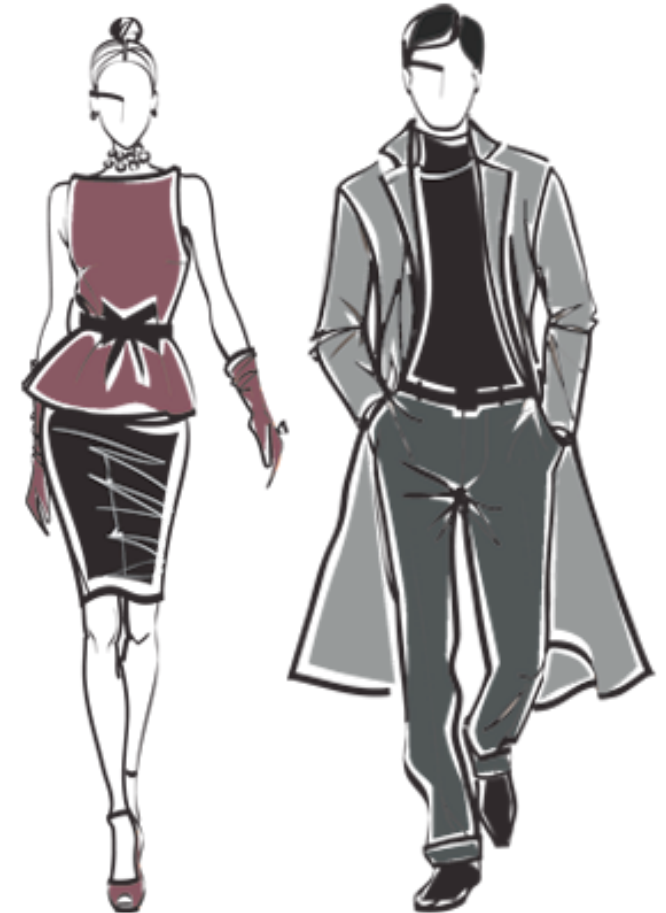
Have you ever wondered why some clothes make you feel better or more confident? If so, can you identify what works for you? If not, why not invest in an objective analysis? Whether you are a highly-paid professional, a full time mother or someone looking for work, wearing clothes that flatter you brings boundless benefits.

Presenting the right image is important and is accessible to everyone; all shapes and sizes. It is well known that, initially, we communicate and influence much more through our appearance and manner than by what we say.

- Look and feel better
- Know how to achieve your best look
- Shop in a more considered fashion
- Love the clothes you're wearing

A strong, positive self-image is the best possible preparation for success.

**Contact Shenda: [shenda@imagecoach.co.uk](mailto:shenda@imagecoach.co.uk)**



**Find out how you can look good and feel great! Contact Shenda today.**

**Email: [shenda@imagecoach.co.uk](mailto:shenda@imagecoach.co.uk) | Telephone: 07855 904412 | Website: [www.imagecoach.co.uk](http://www.imagecoach.co.uk)**

# Shenda Collins

Image Coach

*"Before I came to see you I thought there was no hope for someone of my size and shape however making the changes you have suggested to the colours, types of clothes I wear, my hair colour and way I do my make-up has transformed the way I look and feel about myself in my personal and work life." Louise*

## About Shenda Collins

Shenda set up her image coaching consultancy originally in London, having trained in Cambridge and is now based in Oxford. Her clients come from different backgrounds, different age groups and different shapes and sizes; their shared goal - to learn how to present their best image.

Image is very much a non-verbal communication. Shenda uses her skills to show you that by presenting yourself to your best advantage you can communicate more effectively by managing other people's perception of you.

*"The feedback that I receive from my clients keeps me passionate about my work. Knowing that I help people feel more confident is amazing. It is good to know that I make a difference." Shenda Collins*

Most people have a wardrobe full of clothes but only wear 20% on a regular basis. Having a colour and style consultation with Shenda could save you time and money.

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*“Shenda's advice was clear, we have adopted her recommendations and are totally happy with the outcome. Time & money well invested.” (baubles and snowglobes.com)*

## Image Coaching for the Business Client

The way your staff present themselves is an extension of your company's image. Investing in their image will enhance how they are perceived and reflect positively on your company.

Ensure that your employees portray themselves in a professional manner, appropriate to your business. This is a powerful business tool to create a positive impression with your clients.

- Dress for business, create a positive first impression
- Image 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

Are you confident your staff's image is a credit to your business? Are your clients seeing your business as you would like it to be seen? Image coaching sessions with Shenda can be booked as one-to-one or in a group setting.

*“I enjoyed the day, the subject and the style it was presented to me. It gave me a lot to think about and how best to improve my image and make it work for me.” Senior Manager, BT*



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