

"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



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

Email: shenda@imagecoach.co.uk | Telephone: 07855 904412 | Website: 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.

Contact Shenda: shenda@imagecoach.co.uk



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

Email: shenda@imagecoach.co.uk | Telephone: 07855 904412 | Website: www.imagecoach.co.uk

“Fifteen of our clients (out of twenty-two) were into jobs within three months of completing the course, three clients went onto further training.” Development Manager, Create, Hackney

Community Image Coaching

Image Coaching demonstrates to clients the importance of projecting a professional, appropriate image. It allows people to realise their potential and can boost self-confidence and self-esteem.

Jobseekers, especially long-term unemployed and lone parents, often suffer from eroded confidence. Not only can they be disadvantaged by the negative perception of stereotypes but also from unconsciously presenting a negative appearance.

Image Coaching complements other forms of interview technique training such as CV writing. Helping people make the best of their appearance optimises their chances of getting a job.

“Shenda's image consultancy workshops give people the confidence to make the most of their personal and professional image. As Restore helps people improve their confidence and self esteem and prepare themselves for employment, we have found Shenda's workshops very useful at a number of our events. At our recent Recovery Week, clients who attended the workshop expressed that it was very good and it scored high marks in the overall evaluation of the activities on offer.” Restore, Oxford



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

Email: shenda@imagecoach.co.uk | Telephone: 07855 904412 | Website: www.imagecoach.co.uk