

"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.

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“Coming to see you was the best present I could have given myself! I now feel so much more confident about my appearance and the way I come across. Thank you so much.”

Personal Colour Analysis

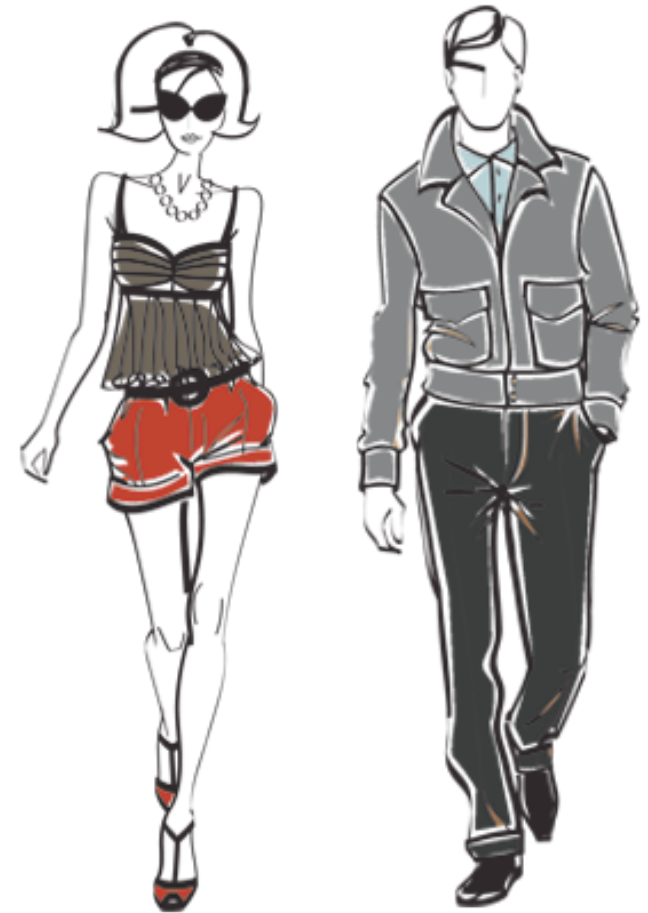
Create a first impression with impact by wearing colours that suit you. Clients report that they receive compliments about their appearance, some for the first time ever!

- Discover your most flattering colours to wear to look your best
- Colours can work as basis for a wardrobe plan
- Individual swatch of your best colours made up for you
- Build a well co-ordinated wardrobe over time
- Improve confidence and self-esteem

Personal Style Analysis

This analysis discovers what styles harmonise with your lifestyle, body shape and proportions. Dress to reflect your personality.

- Discover the most flattering styles for your figure
- Build a more considered wardrobe that you enjoy wearing
- Dress with more confidence by understanding your dressing personality
- Understanding what really suits you prevents shopping mistakes



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