

EXECUTIVE IMAGE COACHING

Are you marketing yourself as well as your products?

Do you feel your existing image suits your professional lifestyle?

Are you commanding the attention, respect and salary you want?

Do you want to gain that extra competitive edge over your competition?

If you manage a team of professionals, give presentations, belong to a sales team or would just like to improve on your image management skills, this programme will give you the necessary skills to achieve your personal goals.

Our one-on-one executive image coaching service is customised to meet your specific needs in regard to your total impression management. Through coaching, we aim to provide you with clarity through our personal branding exercise to enhance your own sense of style, confidence and self awareness.



Core topics include:

- Identifying your skills, vision and quality characteristic
- Personal branding and goal setting for your business image
- Development of a positive and lasting first impression
- Your Personal Colour Analysis
- The psychology of colour and use it to your advantage
- Colour selection and co-ordination for business attire
- Your Fashion & Style Solutions Portfolio
- Development and planning of a professional wardrobe
- Standards of acceptable and unacceptable work clothing
- Structuring of a professional wardrobe and shopping for key garments
- Designing custom made clothing

Optional topics include:

- Personal skin type assessment and evaluation
- Skin care regime development
- Make-up Application (for women)
- Existing make-up kit assessment and evaluation (for women)
- Hairstyle evaluation and haircut
- Accessorising for the occasion
- Grooming essentials
- Personal Shopping
- Posture, deportment and movement
- Body language and other silent signals
- Communication through tone, pitch, volume and fluency
- Professional business etiquette

The products and services you will receive are:

- The Polished Professional Manual
- Your Personal Colour Solutions Profile & Colour Swatch
- Your Personal Style Solutions Portfolio
- A personal notes file containing all information presented
- Hair cut (optional) at Essensuals Toni & Guy with Warren Teng, Director

Contact us for a fully customised programme to suit your individual needs.