

Private Client Case Study: Anne

Although I had been to two other image consultants over the years, Agnès from First Impressions really struck a cord with me. What she said made so much sense and I could see for myself the effects of using the right colours and styles on various members of the group. The make up advice from Agnès was another revelation, transforming the most care worn face in a matter of about 10 minutes!

I decided to have a full consultation and the consultant came to my house. We had looked at style and colour in my initial group consultation, so now we could concentrate on what I had in my wardrobe. We went through every item, looking at why some things worked for me and why some didn't.

My wardrobe at that time was full of clothes that were far too big for me, in hideous, neutral colours. I would buy size 16/18 or extra large tops that were loose fitting – to hide what I thought was my awful figure. What I learnt was that I needed clothes that were more fitted in shape to show off my waist and in cool, bright shades. Previously I had been wearing things that hid my figure and made me look very dowdy but with the consultant's help I have learnt how to disguise my bad points and enhance the good. I must admit that most of my old clothes were an embarrassment and the following week I **was happy to take three large bags to our local charity shop (someone got some real bargains!)**.



Anne before: a shrinking violet?



Anne after: radiant and confident

I then began the process of building up a collection of clothes that I knew would suit me. It's an on-going process but, if you look inside my wardrobe now, you will see a rack of colour co-ordinated clothes. Everything goes with everything else and so my wardrobe works really well for me. I don't have to worry about what to put on each day, as anything I take out of my wardrobe will be fine!

One of the best outcomes for me has been the fact that when I go shopping, I know what I'm looking for – what suits me and what doesn't. The impulse buys are fine too for the same reason. I can now go into a shop and look at a rack of clothes in my size. I can go through that rack initially by colour - the cool bright ones look great on me! Then I can look at the styles and similarly discount the ones that I know don't work. I no longer waste my time and money buying garments that are never worn.

Advice from First Impressions has been wonderful for me. It's embarrassing how many compliments I still get and my confidence has rocketed. I now know that the clothes I buy will always look good on me and I can't begin to explain how that has changed my perception of myself. My self-esteem has grown enormously and I am no longer the shrinking violet! I have developed a real interest in clothes, shopping has become one of my favourite occupations, and I can now be seen pouring over the fashion pages. Thank you Agnès!

To find out how **First Impressions** can help you look and feel your best and get maximum value from your wardrobe, contact Julia Campion on 01908 393961. Alternatively you can fax on 01908 691243 or contact us at info@firstimpressions.uk.com.



Visit www.yourguidetoimageconsultancy.uk.com to download your FREE guide to getting the best from image coaching and training.