

Style Journey **Step 2**

for both men and women

psychology of confidence



The way you show up in the world is highly impacted by what you wear on a daily basis. If you want to feel confident and empowered daily, it is important that your wardrobe and core values align.

During this session we'll explore what is most important to you in life and what it would look like for you to start showing up in a way that truly honours who *you* are.

In a safe and peaceful environment we'll discuss the things that hold you back from living life as your most authentic self.

I'll identify how that which makes you unique and wonderful connects to your personal style, and this will be my compass throughout the sessions to follow.

Includes:

- 1.5 hour in-person consultation where we explore and get clear on your value-led wardrobe needs.
- In-session activities.
- Location: Wanneroo, Western Australia 6065.



\$200

book session