



Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

Reiki

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Issue 1

Dress to enhance your confidence & mood

Did you know that when you meet someone for the first time you have only 30 seconds to make a lasting impression?

Of the many ways in which we choose to express ourselves, the colour and style of our clothes probably make the most immediate impact.

Clothes reinforce our self-image and can boost our confidence.

It's all about confidence – looking good helps you feel good.

If you look in the mirror and feel dull and uninspired then that is what you will project to family, friends and colleagues, so it's time to review your wardrobe for the summer ahead, not waiting until the warmer weather actually arrives. That way, you will have clothes you feel and look good in, in anticipation of our long hot summer (here's hoping!)

Think COLOUR

Depending on your personality, you may welcome lots of bold shades or you may prefer to use colour more discreetly.

The key is finding the colours that suit you best and those that really give you 'oomph'.

Great mood enhancing colours are red and pink so make sure you have at least a couple of items in your wardrobe in your best shades.

Greens and yellows are uplifting too. We will see lots of bright shades around this year, so be sure to find the best colours for you and you'll feel fantastic!

Think FUN!!

Bring an element of fun to your wardrobe.

Remember, all that glitters is not just for Christmas, so don't be afraid to include something sparkly or bright in your accessories to lift the spirits.

Never worn leather before? This year's trend offers lots of soft and sophisticated pieces for grown-ups; find a stylish jacket that suits your body shape or, find a fabulous bag - it can be a statement piece or simply finish off an outfit beautifully.

Have fun!

Most people wear only 20% of their wardrobe 80% of the time

Food for thought... Research has shown that women who wear a little make-up earn more than those who don't because it demonstrates good grooming and attention to detail.

At Complete Harmony Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Associate for the Chartered Institute of Bankers, member of The Institute for Learners and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

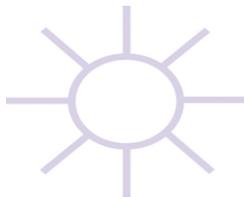
Rachel's corporate business...

How The Wellbeing Programme can add value.....

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



Career **A**nd **L**ife **M**anagement

Mission Statement:

Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.

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