



## Your Image Should Make a Powerful Statement About Who You Are

### About the Consultant



Guinevere Ho is a U.K. Certified Image & Etiquette Consultant. Her delivery is to keep it fresh such that participants walk away with

practical skills. Guinevere has extensive experience in facilitating corporate workshops and one-to-one coaching sessions for executives and forward thinking business leaders.

### How to Register?

Call: 8163-8169

Email: [guin@imagemasteryint.com](mailto:guin@imagemasteryint.com)

*\* All our workshops are for up to 6 participants only to ensure optimal learning.*

*\* Image Mastery International reserves the right to offer alternative dates to participants to ensure number of participants per session for optimal learning.*

### Workshop Venue

Image Mastery Studio @Blk 219, Pasir Ris St. 21

### Who should Attend?

- ✓ Managers
- ✓ Entrepreneurs
- ✓ Executives moving to a new role
- ✓ Bankers, sales and marketing professionals
- ✓ Anyone who wants to look and feel great

### About Your Image

**YOUR IMAGE** is the impression you give to the world; it speaks loudly about "who you are", impacts how you feel about yourself and significantly influence the way others perceive you.

You may have the best credentials in the world, but if you have a poor image, you won't garner the respect and credibility you need when interacting with others socially, to manage others or to deal successfully with high-powered clients in the professional arena.

Get on the fast track today and equip yourself with the qualities to project a **Powerful Image of Credibility and Confidence** so you can **Outclass Your Competition** in today's competitive marketplace.

Gain eye-opening insight to the power of non-verbal communication and learn valuable image secrets for developing one's personal and professional image. Packed with demonstrations, hands-on activities and quizzes, this highly participative workshop will make learning **Fun, Enjoyable and Effective**.

### Some Clients' Before & After Photos



### Clients Rave ...

"Guinevere is a very warm and approachable speaker. Her professional knowledge coupled with the sharing of personal experiences and hands-on activities created a very educational, insightful and fun workshop for the audience!" **Ms Athena Binte Abdul Aziz, National Library Board**

"Guinevere's tips on how to behave during a fine dining event will come in very handy for my future dinner meetings. Thank you!" **Mr Gerard Bisoni, Regional Sales Manager**

# IMAGE MASTERY INTERNATIONAL PRESENTS “OUTCLASS YOUR COMPETITION” PERSONAL BRANDING DEVELOPMENT WORKSHOPS

## Workshop 1: COLOUR ME VIBRANT (A Colour Analysis Workshop)



Discover your most flattering colour palette is the first step to dressing attractively.

Wearing your best range of colours will make you look younger, attractive and radiant and help you project a really positive image.

Remember the last time someone commented on how well you looked? What were you wearing? You'll most probably find out that it was one of your best colours - so book your

colour analysis today and keep those compliments flowing!

- The Facts and Psychology of Colours in Dressing
- How to Match and Co-Ordinate Colours for Maximum Visual Impact and Power Harmony
- How to Co-ordinate Colours to Project Professionalism, Credibility and Approachability
- How to use Colours to look Younger, Slimmer and Taller
- Hands-On Individual Colour Draping Exercise to discover your Personal Best Range of Colours For Your Clothings and Cosmetics

## Workshop 2: STYLE ME GORGEOUS (A Figure & Style Analysis Workshop)

*Do You Know What Works for You?*



Do you find that you often wear clothes that don't make you feel good? don't fit properly, or that you always have 'nothing' to wear even though you have a wardrobe full of clothes?

Learn how your personality traits affect what you wear, what you feel comfortable wearing, and what looks best on you. Understanding yourself will help you to create your own Signature style!

Our Figure & Style Analysis workshop will take you from blah to fantastic.

- Wardrobe Personality - Dress to reflect your Distinctive Style to Save Time and Money and Eliminate Costly Fashion Mistakes
- Individual Face Shape Analysis and learn how to Select Flattering Necklines and Accessories to Compliment Your Face Shape
- Capitalizing on Your Physique with Scale and Proportions

### How You will Benefit:

- ✓ Recognise the power of colour
- ✓ Improve your colour-sense and clothing-coordination to project an attractive and younger image
- ✓ Receive expert colour analysis that shows you your best range of colours to wear so you look vibrant, dynamic and healthier
- ✓ Experience an increase in self-esteem and self-confidence
- ✓ Enhance your personal and professional branding

### Workshop Dates:

- 25/09/10, Sat, 10.00am - 12.30pm

### Workshop Fee:

- S\$99.00/participant
- Up to 4 participants/session

### How You will Benefit:

- ✓ Recognise the power of first impressions and how your image can make or break a deal
- ✓ Learn how to buy & use accessories to look your best
- ✓ Gain new insights on how to make better selections in style and clothes to look and feel great
- ✓ Experience an increase in self-esteem and self-confidence
- ✓ Enhance your personal and professional branding

### Workshop Dates:

- 25/09/10, Sat, 2.00pm - 4.30pm

### Workshop Fee:

- S\$99.00/participant
- Up to 4 participants/session

### Workshop 3: MAKE ME BEAUTIFUL (A Skin Care & Make-up Workshop)



Wearing appropriate make-up is like “dressing-up” your face and shows that you are a confident person.

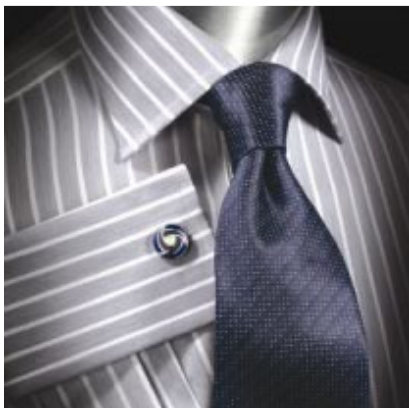


If you like to know how to interpret the latest make-up trends for yourself, this is the workshop for you.

Busy executives will benefit from this workshop as you will also pick up simple and fuss-free skin care regime that anyone can follow to help your skin perform at its best so it saves you time when putting on make-up and makes your job easier when putting on make-up.

- Identify your Skin Type
- Daily Skincare Routine for the Busy Executives
- Hands-On Skin Care Facial
- The Current Make-up Trend
- How to Find the Right Colours for your Make-up
- The **5-Minute Make-up Routine** for the Busy Executive
  - Achieving flawless skin
  - Brightening up my eyes
  - Achieving glow in my cheeks
  - Getting soft, supple, kissable lips
- Hands-on Make-up Practice

### Workshop 4: DRESS FOR SUCCESS (A Men’s Image Workshop)



Your image is your personal trademark. By understanding the rules of style, you can be assured that be it socially or in business, your image will always be working for you.

- Colour Psychology
- Learn all the guidelines on jacket suits, vest, shirts and ties
- Learn how to combine colours and patterns in your outfit based on your body shape and face shape for maximum visual impact
- Face shape analysis - learn how to choose glasses and accessories to compliment your face shape
- Seven items that makes a man look powerful

#### How You will Benefit:

- ✓ Master fuss-free skin care routine
- ✓ Skin care application techniques to achieve optimal product performance
- ✓ Update your make-up skill
- ✓ Master the 5-minute make-up
- ✓ How to use corrective make-up to present your best face
- ✓ Apply the skill to mix & match make-up colours for visual harmony
- ✓ Experience an increase in self-esteem & self-confidence
- ✓ Receive skin care & make-up samplers

#### Workshop Dates:

- 26/9/10, Sun, 2.00pm - 5.00pm

#### Workshop Fee:

- S\$135.00/participant
- Up to 4 participants/session

#### How You will Benefit:

- ✓ Recognise the power of first impressions and how your image can make or break a deal
- ✓ Understand Colour Psychology and learn how to colour match to get the desired results
- ✓ Learn how to buy & use accessories to look powerful
- ✓ Gain new insights on how to make better selections in style, clothes, ties, socks and shoes to look and feel great
- ✓ Experience an increase in self-esteem and self-confidence

#### Workshop Dates:

- 29/9/10, Wed, 7.30pm - 9.30pm

#### Workshop Fee:

- S\$79.00/participant
- Up to 4 participants/session

**Workshop 5: BE ETIQUETTE SAVVY  
(A Networking, Social Graces, Business & Dining Etiquette Workshop)**



Be a fierce competitor in business by knowing your business etiquette, it can make a difference between you and another person who is just as smart.

Master the skills to make yourself or your services attractive to others in a way they hadn't realised before in order to effectively network with others for personal or professional success.

Often, important business deals are sealed at the dinner table; be confident in navigating the place setting so that you can focus on the topic at hand and not which fork to use.

**1 Impress with Etiquette**

- Impact of First Impressions
- Social Graces vs Business Etiquette
- The Art of Greetings and Introductions
- Proper Handshakes & the Language of Handshakes
- Business Card Protocol

**2 Network for Success**

- Social Media Etiquette
- Great Opening Techniques and Networking Blunders to Avoid
- Using your Body Language Effectively to Build Rapport

**3 Wine & Dine with Ease & Confidence**

- Cocktail Etiquette
- Western Dining Etiquette & Table Manners
- Understanding the Menu and Placing Your Order
- Western Table Layout
  - Napkins, Bread and Drinks Etiquette
  - The Proper Way to Approach Your Seat and Taking The Exit
  - American and Continental Eating Styles
  - Handling your Silverware Effectively
- Techniques to Eat Challenging Foods: How to Eat Salads, Spaghetti, & De-Shell Prawns without using Fingers
- Seating Guidelines

**How You will Benefit:**

- ✓ Understand how manners and etiquette with finesse can make impressive impacts
- ✓ Apply practical skills for impactful meeting, greeting and for better relationship building
- ✓ Learn the skills and techniques to enable you to network effectively to obtain results
- ✓ Avoid the pitfalls of social media and how you can use it to network effectively
- ✓ Understand the power of body language and how to use them positively to help you build success in the social or business arena
- ✓ Pick up dining skills so you can navigate any social or business dining occasions with ease and confidence
- ✓ Be a more confident person when interacting with others

**Workshop Dates:**

- 14/10/10, Thur, 7.30pm - 10.00pm

**Workshop Fee:**

- S\$99.00/participant
- Up to 6 participants/session



**Registration Form**

I want to register for:  Workshop 1, 25/9/10, Sat, 10.00am – 12.30pm  Workshop 2, 25/9/10, Sat, 2.00pm – 4.30pm  
 Workshop 3, 26/9/10, Sun, 2.00pm – 5.00pm  Workshop 4, 29/9/10, Wed, 7.30pm – 9.30pm  
 Workshop 5, 14/10/10, Thur, 7.30pm – 10.00pm

Name: ..... Male / Female    Company: .....  
 Designation: .....    Email Address: .....  
 Contact No. (Off) ..... (HP) ..... (Home) .....  
 Cheque enclosed S\$.....    Cheque No. .... Bank: .....

Please issue a crossed cheque to: **Image Mastery International** and contact us at **81638169** or email to us at **guin@imagemasteryint.com** for the registration mailing address. (Application form & cheque must reach us at least 3 days before workshop to secure a place.)