

## MAKING THE MOST OF A PETITE FRAME

Hello ladies

I'm Fiona, director of **style2you**.

My image coaching business offers expert, practical advice and inspired solutions to bring you:

- Colour, capsules
- Compliments
- Confidence

I can save you at least 80% of the time it takes you to shop for yourself and usually with up to 40% savings!

The key lies in only buying by your most flattering colours and styles, thus avoiding costly mistakes.

My clients are predominantly female, typically seeking to project a confident well groomed image that reflects the 'real' them.

My focus this month is on my new "CONFIDENCE CALL" – where I'm offering a 15 minute informal chat for 4 ladies – where you can discuss freely some of the issues or challenges you face, to see if I could impact them in any way. So, if not you...then who?

I look forward to de-mystifying personal style for many more women in 2008.



Contact Fiona at **style2you**.  
"Minimise spend, maximise impact!"

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The old adage that 'good things come in small packages' hasn't always rung true for Ruth Ward of Clarity Through Coaching. "I take a size 8, or smaller, in trousers and skirts and often can't find suitable items in my size. I find myself looking for anything in a size 8 and buying them rather than looking for the sort of clothes I look best in. I know there are items in my wardrobe that are not 'right' for me" explains Ruth.

While some ladies would love to have the problem of looking for size 8 clothes, before meeting Fiona of style2you, it was a real problem for Ruth. "Fiona assessed my body proportions to find that my short arms were the reason I found it difficult to buy long sleeved jackets, and also that I have short legs, despite being of average height. I wasn't aware that the length of my trunk and the length of my legs were supposed to ideally be the same – they weren't!"



"Rather than advising to start again, Fiona showed me different possibilities for outfits within my current wardrobe, advised me on items which would add great versatility and has firmed up my resolve not to buy out of desperation – when I do that I end up with clothes I don't enjoy wearing." Fiona comments, "Ruth looked great in the colours she already had so I simply gave her some more alternatives. Coupled with some optical illusions to enhance, rather than hide, her petite frame, she can now shop with direction."

"I'm so much more confident and enthusiastic about going shopping for clothes and accessories now as I feel better placed to spend my money on items that make me look and feel good...actually since my consultation with Fiona I have been able to buy a pair of grey trousers. With only 10 minutes before a meeting I spotted a lovely pair in a high street store that looked the right style and decided to try them on. The fit was perfect and I made my purchase. This must be a record – shopping has never been so quick and easy!"

"The idea of having someone look through my wardrobe was daunting but I knew Fiona could give me some great advice, so what the heck! She was kind, encouraging and non-judgmental. To anyone feeling nervous about opening up their wardrobe doors to scrutiny, go for it – you will enjoy the experience far more than you can imagine, and gain so much from it. I've not looked back! Who doesn't want to look and feel good?"

