

Ooze confidence!

Increase Your Inner & Outer Confidence - Prepare For Your Success



“ Following my session with Frances, I feel very empowered with my new image – small changes have made a huge difference. I would highly recommend her to anyone looking to gain a competitive edge in business. Her advice is tailored, professional and well worth the investment. Great result. ”

Paul Byrne, Dublin.

“ Initially I was sceptical; in the past I tried hypnotherapy and NLP to conquer my fear of interviews - with no success. Then I met Sarah who taught me how to use simple techniques that helped me greatly to get through emotional and difficult times, both at work and at home. Recently I went for an interview for a very senior job and I was successful, Sarah's techniques were an integral part of that success, enabling me to make the most of myself. ”

Caroline Murphy, Cork.



With Experts
Frances Jones & Sarah Bird

Imagine how it would be to walk into any challenging situation feeling and looking confident!

Imagine being so empowered that you feel you could take on the world!

Imagine looking and feeling a million dollars – every day!

Well, now you can, read on...

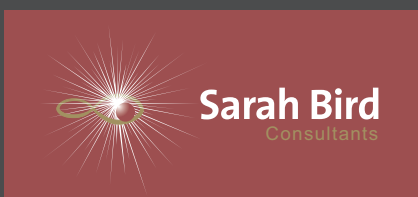
This **Unique Experiential** Workshop on **Increasing Inner and Outer Confidence** is brought to you by Image Consultant, **Frances Jones** and Peak Performance Consultant, **Sarah Bird**, two leading experts in their respective fields. They have designed this stimulating and value packed programme to equip you with the mindset and personal image to succeed - giving you the optimum mix of **Inner and Outer Confidence** in every aspect of your life.

Do not miss this workshop where you will learn the secrets to:

- Make a **wow** first impression on every occasion to get the results you want
- **Change** the beliefs and negative thinking that hold you back
- Colours, styles and finishing touches that suit you for **maximum impact**
- Vital tools to **rocket** you through your “Glass ceiling”
- The secrets of **winning** body language and **impeccable** grooming
- How to **ooze confidence** - inside and out.

Date: 2 x ½ day workshops - November 10th and 17th, 2011
Venue: Stillorgan Park Hotel
Time: 2pm - 5.30pm
Investment: €450
Early bird discount: €350 (€100 off when you book before October 25th)

imagematters.



Sarah Bird
Consultants

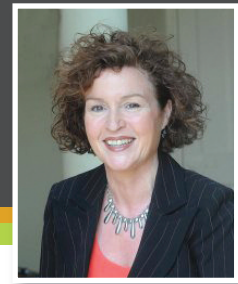
Don't accept second best any more in your life. Sign up today and take the first steps to a more confident and more successful new you

Places are strictly limited on this amazing, life-changing workshop, so reserve your place by contacting frances@imagematters.ie or sarah@sarahbird.ie



For Outer Confidence - Frances Jones

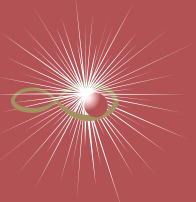
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CORPORATE & PERSONAL IMAGE CONSULTING



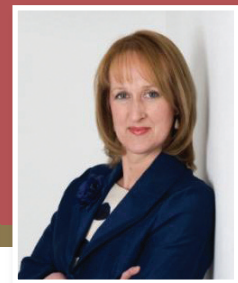
- FRANCES JONES of Image Matters is a corporate and personal image consultant. She has a proven track record over 10 years of achieving results for her clients through the power of personal branding.
- Her clients include women and men from all walks of life including well-known public personalities, politicians, senators, business leaders, small and medium business owners.
- With a natural ability and flair for dealing with people, Frances has helped hundreds of men and women to become more effective in their lives through improved personal appearance and greater self confidence.
- Frances is a regular speaker to business groups and organisations on the power of personal appearance and a frequent contributor to newspapers, magazines, radio and TV.

Mob: +353 (086) 811 9698 Email: frances@imagematters.ie www.imagematters.ie

For Inner Confidence – Sarah Bird



Sarah Bird
Consultants your mindset for success



- SARAH BIRD has three decades of experience in the area of peak performance, for both the private and corporate sectors.
- Working both in Ireland and on the international front, she includes corporate organizations, leading sportsmen and women, charities and NGO's among her many satisfied clients.
- A highly experienced and accomplished consultant, with a burning passion for awakening the human potential, she provides exceptional guidance to companies, sports people or individuals who are looking to maximize their performance.
- Sarah uses a number of simple, easily learned techniques which put you completely in control of your life and your happiness, whether in your professional, personal or sporting life. You can literally change your life around, bringing balance and ease back into your life.
- Sarah is internationally known and respected, and has worked on a voluntary basis in some of the most difficult arenas of the world, including post-earthquake Pakistan, while she has also assisted U.S. active servicemen and their families who are suffering from the effects of combat-induced Post Traumatic Stress Disorder.

Mob: +353 (087) 219 3343 Email: sarah@sarahbird.ie www.sarahbird.ie

