

The *Style* Clinic

Confidence Clinic



Rosanagh Wilson



Now the excitement of the Royal Wedding has calmed, there are some wonderful images that will stand the test of time - the fabulous dress, the enormous crowds, the pomp and ceremony, the handsome princes but perhaps above all, the poise and confidence of the bride and indeed of her brother James. It came as no surprise, therefore, to discover that Kate and James had received voice coaching from an Image Consultant to help them deliver confident vows and readings during the service.

This month The Style Clinic is focusing on School and University leavers about to embark on the next stage in their lives and how confidence can make all the difference.

With the exams out of the way, we now need to focus on how to give young people the edge when facing interviews for universities, work experience or jobs. If the old adage "You are never fully dressed without a smile" means anything, it is that being well dressed is only part of the package. The "smile" or confidence that comes from within is what will make all the difference in an interview.

DRESSING FOR AN INTERVIEW- DO'S AND DON'TS

Do plan beforehand what you are going to wear and try everything on. When planning what to wear, dress for the job that you want or aspire to. Looking smart and well-groomed will send the message that you mean business and it implies that you are efficient in your work. Think about what the colour you are wearing reveals - blue is a great colour for interviews as it is the colour of intellect and clear communication - exactly what you want to portray!

Make sure that your clothes are clean, well-pressed and not in need of repair.

While clothes are an extension of personality it is important to realise that your clothes should not be distracting. Girls-jingly-jangly jewellery, unkempt hair and low necklines will not send a positive message. Less is more in terms of accessorising so keep it simple and chic. Boys should remember that their accessories and clothes should be smart and of good quality and that generally the smarter you are the more seriously you will be taken.



Wear an unflashy watch, it implies that timing and being prompt are important to you. Have a decent quality pen and notebook available.

Do your homework on the company that is interviewing you, the more informed you are the better.

Make sure you know where you are going and allow plenty of time - better to get there a little early and have a chance to freshen up and practice some gentle deep-breathing.

BODY LANGUAGE AND VOICE CONTROL

It is really important that you practice walking into a room-ensure that your stride is confident and steady.

Practice a firm but not over-powering handshake with eye-contact and a warm smile.

Body language is vital, it is easy to allow your true emotions to 'leak' through your body language, it's important that the non-verbal messages align with what you are saying.

Think about the way you sit and where you put your hands. Don't slouch or appear too relaxed!

Voice control - another very important element and there are various exercises we can give you to ensure a calm and confident delivery. Listen to a recording of your voice beforehand and see if there are any changes you need to make.

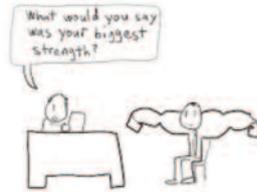
Ask someone you trust if you have any irritating habits that might distract an interviewer, you would be amazed at how many of us sniff unconsciously for example.

PERSONAL BRANDING

I work with people to evaluate the

qualities that make them unique. This is an essential exercise so that you really understand what you have to offer and how to portray this to an interviewer.

This is a constantly evolving and self-evaluating process and is a vital component in what makes you compelling.



Finally, good luck!
How exciting to be embarking on a new chapter and if you would like some help or guidance in any of the aspects mentioned then please get in touch.



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get the feelgood factor

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