




***Professional
Visual Impact
Training***

Helen Jinks
Image Consultant

M 07836 332374
E mail@hjimage.co.uk
W www.hjimage.co.uk

- ***Break free from the 'safety' of black***
- ***Save time and gain confidence***
- ***Maximise your visual impact***
- ***Learn the '4 levels of smart' – the secrets of dressing for business***
- ***Simplify your suitcase with fewer clothes to create versatile outfits***
- ***Reflect your values and project your potential***

 provides image consultation services for both your professional and personal needs with consultations ranging from group interactive workshops to private, individual appointments.

The skills you will learn are guaranteed to save you time and money so you can look good and feel great all of the time!

Manage your image, maximise your impact!

Visual Impact Workshop

Over 90% of first impressions and communications are non verbal so it is vital that you make a positive impression.

Visual impact training teaches individuals and organisations how to ensure the right first impression every time and how to develop their personal image as a whole.

Topics covered:

Perception & first impressions

Increase your awareness of how you and other people perceive others and learn how to translate this knowledge back into your personal and organisational image.

Image, colour and style

Interactive exercises show the amazing positive effects wearing the right colours makes, and by finding out the proportions of your body you will have the foundations to your style profile to then learn the styles of clothes that will enhance your shape and tailor your image.

The vital finishing touches of accessories and grooming are also discussed.

Dressing for the occasion

By learning the secrets to the style scale you will always be dressed appropriately for future occasions, and include tips on how to dress down and retain a positive impact.

Speaking in silence

Each of us speaks without saying a word. The importance of body language will be discussed accompanied by interactive exercises to reinforce the elements and help us be aware of our own body language conversations.

£400 for a 3 hour interactive workshop for up to 20 people, including handouts to accompany each topic and a limited number of discount vouchers towards personal services for participants

Individual Services

Colour Analysis

Discover the colours that suit you best, followed by advice on clothes, accessories, hair colour and a complete make-up application.

Style Analysis

We will look at your body shape, face shape, proportions and scale and lifestyle to discover the clothes that are going to flatter you all day every day.

Impact Management for Men

Learn how choosing the right colours and styles can make all the difference to how others perceive you.

Wardrobe Wizardry!

Learn the secrets behind a successful capsule wardrobe and discover how to pack efficiently for business trips and holidays.

Wardrobe Detox

A thorough sort through your wardrobe, followed by a wardrobe plan based on your lifestyle and budget allowing you to get the most from your clothes.

The Complete Wardrobe Makeover


This popular consultation combines colour analysis, style analysis and wardrobe detox into 1.

Personal Shopping

An accompanied shopping trip for either for special occasion outfits, business or basic wardrobe pieces.

Gift Vouchers

Available in increments of £5, redeemable against all services.

Individual consultations can take place at  or alternatively, for a small supplement, can take place in your own home. For more information on any of the services or to book a consultation, please do not hesitate to contact me.