

LIFE COACHING

Everyone has a goal in life...what's yours?

It is probably something you've wanted to do for months or even years ... but you've never got around to it. Or it may be something you have recently decided upon but don't know where to start in trying to reach it.

Your goal could be anything...

I'd like a change of direction in my life.
I want to lose that last stone of weight.
I want to be better at managing my time and work/life balance

Life coaching will help you reach your goal... whatever it is.

Coaching brings clarity, focus and confidence to deal with whatever issue is at hand. It offers an opportunity to reflect on what you do, why you do it, how others respond to you and who you are in relation to your work and other aspects of your life.

Kate offers unbiased, objective support to enable clients to identify their unique qualities and how these can help them to reach their goals.

Prices

An initial 30 minute phone consultation is free of charge to ascertain what the client is wanting to achieve and whether Life Coaching is for them.

Personal Coaching: £40 per session.

Corporate Coaching: Please contact Kate so we can discuss your company's needs.

TESTIMONIALS

Life Coaching:

"Thank you Kate for raising my game in life!!"

Anne Worthing, Housewife

"Kate, Life Coaching with you has exceeded my expectations in every way. You have given me the confidence to know that I can set and achieve goals; you have also helped me to make all areas of my life easier to deal with, more enjoyable and gain more from. Thank you for all you have done and taught me...what an amazing experience!"

Sally K, Actress

Image Consultancy:

"My wardrobe weeding session with Kate was a fantastic experience. To have my wardrobe firstly completely sorted out and put into sections was the first thing and then to learn how to put my clothes together into outfits and to utilise better what I already had was so useful. By the time Kate left, my wardrobe was tidy, I had at so many different outfits to experiment with and I had already gained some confidence about how I should dress and look. Highly recommend it!"

Caroline Chalkely, Nutritionist

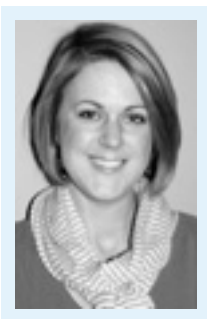
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Kate Evans
Image Consultant and Life Coach



ABOUT KATE EVANS

Kate Evans trained with Europe's Leading Image Consultancy **COLOUR ME BEAUTIFUL** in Colour Analysis, Style, Wardrobe Auditing, Makeup Application and Personal Shopping.



Whatever your age or needs, she can help you to transform your appearance by showing you how to make the most of yourself.

Her advice is practical, creative, and will be everything you need in order to regenerate your wardrobe, revolutionise your image, re-build your sense of self worth and rejuvenate your life.

Having gained a BTEC Level 2 and 3 in Life Coaching from Newcastle College, Kate is qualified to help you get to where you want to be in your life, your head and your heart. At some stage of your life you need someone to listen to you, to help you to find your way forward. Kate will support and challenge you when you feel like giving up; and help you to focus on what you want in your life and how you can achieve it.

Kate is trained to work with individuals on a personal basis, as well as within companies, to help them achieve their goals.

Encouragement and guidance is given in areas such as achieving work/life balance, career or job changes, assertiveness and increasing self confidence. However, almost any area of your life can be addressed, as long as you are committed to taking action to achieve positive change.

IMAGE CONSULTATIONS

COLOUR ANALYSIS - £95

A 90 minute consultation which includes a full assessment of the colours that suit you best and inspiration on how to combine them to make your wardrobe more versatile. In addition to this you will have a make up lesson- showing you your most flattering colours and how to apply them.

STYLE CONSULTATION - £95

Learn which styles and cuts of clothes will flatter your body shape, suit your lifestyle, personality and budget in this 2 hour consultation. You will take away a booklet with notes and ideas from the consultation.

WARDROBE MANAGEMENT - £50 per hour

A comprehensive sort out of your wardrobe, ideas for updating existing items, improving usage and versatility and guidance for future purchases.

PERSONAL SHOPPING - £50 per hour

After an initial consultation with Kate about your needs, the brief and budget, she will do all the research and outfit building for you. When you meet up with her later in the day, all you have to do is try everything on and decide what you want.

MAKE-UP LESSON - £40

Learn how to apply your make-up to suit your lifestyle needs. 60 minutes of step-by-step guidance, using selected colours and techniques to show off your features to their best.

BRIDAL: Prices start from £95

Find out which is your 'wedding dress white' e.g. off white, cream, ivory or antique, as well as discover the most flattering neckline, the best fabric or the wedding dress style of your dreams. Kate can give advice and ideas to help your bridesmaids look their best in colours and styles that work for them as well as helping to give them a cohesive theme. Style, shopping or colour advice can also be given for the Mother of the Bride and any other wedding guest to help them find the perfect outfit for the big day! Bridal make up is also available.

MEN'S COLOUR ANALYSIS AND STYLE ADVICE - £120

Do you hate shopping and only do it under duress? Do you have a "uniform" for casual clothes and only wear the same four colours and the same style of trouser? Take away the guess work and know what colours and styles of clothes suit you by booking a consultation.

COLOUR WORKSHOP - £80 per person

Have your colours analysed, as well as a makeup lesson during a group session for up to four friends. Everyone receives a wallet containing 32 fabric swatches.

STYLE WORKSHOP - £70 per person

Learn which styles and shapes of clothes will suit your lifestyle, personality and flatter your body shape. A fun and interesting session for up to four people...everyone receives a booklet with all notes from the session.

PRESENTATIONS AND DEMONSTRATIONS:

Looking for an original idea for a hen night, fundraiser or party? Or are you a company who wants advice on uniforms or appropriate dress for staff?

Kate can tailor an event, whether it is a makeup, colour, style demo or a bit of everything. Please contact Kate to discuss all options and requests.

GIFT IDEAS:

A gift voucher for any of Kate's services is an innovative and fun way to treat someone as well as giving them a present that will last a lifetime. An ideal present for any age and occasion.