

LEVEL UP YOUR CONFIDENCE WITH MY IMAGE AND DEEP DIVE COACHING PACKAGE

Are you at a point where your vision, aspirations and goals for life have changed?

Do you feel you've lost connection between your image, confidence, courage and identity?

You don't recognise the person you see in the mirror.

Have you recently changed jobs or are back in the workplace after childbirth or illness? Perhaps menopause has changed your relationship with your body.

Have you moved country or recently returned for a new beginning?

Then I have just the package for you.

A deep dive coaching session of 2 hours where we look at where you are, where you'd like to be, and how to set you on your way to get there.

There is a large focus on bespoke confidence building exercises and re-connecting with your identity.

I foster self compassion and celebrate your individuality.

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The second part of the package is a Wardrobe Overhaul,

I help you to establish a confident new image without getting rid of any core items that make you feel great.

I coach you how to restyle what you already have, bringing a more current and relevant feel to your style.

I then advise on any shopping you can do to up-scale and complement your revamped wardrobe.

The whole experience gives you a wonderful boost and points you firmly in alignment with your goals and lifestyle.

Creating a more grounded, confident and self assured You both inside and out.

Based near Oxford I often work in London and within an approximate 50 mile radius.



TESTIMONIALS



After recovering from depression and a difficult divorce I had really lost my sense of self confidence..A dear friend gifted me Lucia's coaching and image package. I was nervous at first but Lucias warm and caring approach really helped me delve deep. Her help in creating new looks for me was lots of fun and really gave me a wonderful boost. I would highly recommend this package. As a gift or to treat yourself! Thank you Lucia you have no idea how much I have benefitted from our day together.

ALICE W

I was 42 when I had my baby. After post natal depression and putting on some weight I had really lost my mojo! and as time went by.. I didn't recognise myself. My sister bought me the image and confidence package. The coaching helped me feel so much more positive and I'm excited about doing more.

The wardrobe experience was great. I am not used to having my clothes scrutinised so I was really nervous but Lucia made it all such fun. Im now learning to like how I look. Getting back to me was so uplifting! Thanks Lucia. I needed this.

ALEXANDRA V.



I had recently returned to London after several years of working in Dubai. The lifestyle in London was so different and I found myself feeling rather out of touch. When a big job interview came up, I panicked. I looked into finding a coach and was lucky enough to find Lucia. Through the coaching she helped me pinpoint how I wanted my new life to look.

Then she gave new ideas about using existing clothing in new combinations so I had more options to choose from. The whole process was so enjoyable and I've been receiving compliments ever since. Big hug and thanks again!

STUART G

Entering the menopause I had found life tricky both physically and mentally and had started to feel I had lost my identity as my body changed. At times this made me feel very lonely.

Lucia managed to make me feel so comfortable, she immediately gained my trust. She has amazing instincts and empathy. She gently guided me through the coaching to rediscover myself! Because of her kindness I had a lot of fun and was beyond happy with the results. I will definitely work with you again Lucia!

NATASCHA K



BIO & PACKAGE PRICE



During my previous career as a Costume Designer of 3 decades in the film and television industry, I have worked with many celebrities and well known personalities.

I have worked with all ages, shapes and sizes. Dressing male, female, different ethnicities and wildly different images. I specialised in contemporary projects that often had a fashion bias.

I have created literally thousands of looks during that time and my understanding of the physiological and psychological connection between image, career, success and confidence goes very deep.

As a Life Coach I am dedicated to my clients regaining a real feeling of agency over their lives. Image plays a huge role in this.

This inspired me to create a package that works for you both inside and out!

This package also works as a wonderful gift for someone special who needs the boost.

Bookings made pre xmas get the 25% discounted rate of **£450**
Total to be redeemed by April 1st 2024.

Usual Price £600

When you make a purchase from Lucia Santa-Maria we request your name, billing address, telephone number, email. Payment in full via bank transfer.

Cancellation policy for this package.
We require up to 7 days prior notice of cancellation after which 100% charge will be made.

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