



Love Your Job - Helping you to love your job or to find a job you do love

JANUARY 2012 NEWSLETTER

Happy New Year, many people will have made new year resolutions and today is the day that most will have been broken. If your goal was to get a new job, or to work out what you do want to do I'd be happy to help. [Read more details of my services.](#)

The Christmas period is a quiet time in my business so I often have this as a holiday, usually I back pack and choose low cost hotels as I like having adventures, but after trekking in the spring Simon was very keen for a relax so we opted for a beach holiday. We found a place that met both our needs, good food and drink and beach and relaxation for him, the biggest sports complex in the Caribbean for me.

Although I indulged in numerous cocktails and good food I also worked out in the gym each morning, had a tennis lesson in the afternoon, and swam 20 lengths in the 25m pool, plus brisk walks up the beach and out in the sea.

People often wonder how I get so much done - it's because I work long hours, I don't mind as I love my job, but I do tend to forget that I'm a human being and not a human doing. So it was so good to take the time to rest and read novels rather than work based journals and business books.

I returned to the UK having gained 7 pounds but I knew that would be mainly water and I've already lost 5 pounds. If you want to use some extra fat, or get inspired to reach a mega goal, my new book [FAT to Fantastic](#) might be worth a read?

Setting goals for 2012

I listed my initial goals in my December newsletter, and most of these still stand

- practice daily mediation/relaxation
- review all my business systems and simplify
- develop 2 group training programmes
- develop assessment group feedback programme
- develop my tennis skills
- improve as a DJ, I've let it slide

I get to meet wonderful people, and recently met international stylist Isabella Brusati. amongst many topics we spoke about capsule wardrobes and developing a style to suit the person we are. I'm incredibly honoured that she has taken the time to write my [featured article.](#)

Seeking out a new job is often a time to review the clothes we wear, and it can be useful when people move from a career break or full time study. But it is useful for all of us, are we portraying the right image for the job we seek?

As I develop my group programmes I'll be in touch with details of cost effective options. I appreciate that not everyone can afford to work on an individual basis with me.



Slow down and enjoy life.
It's not only the scenery
you miss by going too fast -
you also miss
send of where
you are going and why.

Eddie Cantor

Until next time,

Denise xx

Random acts of kindness

Another chance to do this at the airport. There's a need to pay \$22 exit tax leaving Jamaica and the person in front of me didn't have any money on them. I had quite a few dollars left so gave them the money.

New year, new image, new you!

It is the start of a new year and one of the most common resolutions is “*I want to look amazing and create a brand new image that is truly me!*”. Read on as in this article I will provide you with simple and practical advice on how to achieve this goal and create your perfect capsule wardrobe.

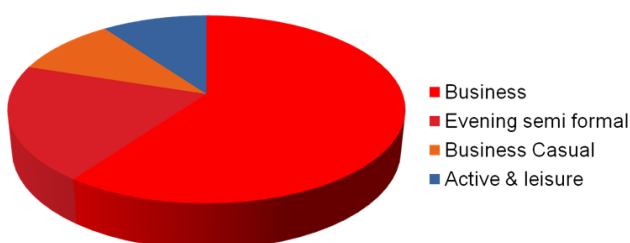
As stylist I often speak to people who are unhappy with the way that they look and with their image. Magazines, TV and adverts are bombarding us with messages stating how we should dress, what we should use for make-up, the latest haircut and hair colour. However, most of the images that we are exposed to are heavily airbrushed and only contribute to creating unattainable standards (yes, also Kate Moss and George Clooney are airbrushed!).



You may be wondering “*but what should I do to show the world the God/Goddess in me*”. Let's talk about a simple and pragmatic process that will help you creating that fantastic and positive look!

- First of all you should determine what **goal** you would like to attain: more polished and groomed? More business/corporate like? Less girlish? Getting dress down day right? Without a clear objective it is basically impossible to create a consistent action plan.
- The second step consists in **finding people** that are considered the benchmark in your sector that can be used for inspiration: for example if your goal is to look more polished and you work in financial services Christine Lagarde is a great example. If you are a mum who is looking to create a wardrobe after the birth of your child “yummy mummies” can be the first port of call. If you are a man who has just moved into entrepreneurship and wants a new wardrobe to suit his new line of work people like Richard Branson or Peter Jones would be those to look at. Read magazines, look online, identify what you like and what you do not like. Get visual ideas. And adapt them to your personality.
- The following step is to determine what is **your lifestyle**. Draw a pie-chart and determine what percentage of time you spend at work, networking with clients, pitching to clients, to the gym, socialising with friends, etc.

My Lifestyle



Be honest!! You may like cocktail dresses, but if you rarely attend these events there is no point in spending money on clothes that will hang in your wardrobe without being used. Dress for your real lifestyle, not for what the fashion magazine is advertising this season. In the following example the pie-chart shows that this man/woman mainly spends time

working: his/her main focus when creating a wardrobe should be to fulfil his/her goal (for example looking more corporate style) when at work.

- **Be consistent:** wearing something classic one day, something quirky the following one, bohemian chic at the gym gives a very confusing message. Determine what is your objective and stick to it across all the activities that make up your lifestyle.
- Do not underestimate the power of image: just because you are great at your job and work in technology, it does not mean that you have to meet clients dressed in baggy T-shirt, unflattering jeans and with a two days beard. It takes only **5 seconds** to create a perception of yourself in a stranger's mind that has just met you for the first time.
- It is now time to **plan your wardrobe:** taking inspiration from the images that you have collected what do you think would suit your goal? What would suit your lifestyle? Check what you have in your wardrobe and ditch what is not consistent with your brand and image. Be merciless: no "*I may lose weight*", "*what if this comes back to fashion*", "*this is my favourite 80s jumper*". Unless it is vintage (by that I mean collectible), if it does not fit your brand and your figure it has to go in the bin or to a charity shop. Determine what you can use and what you need to buy in order to create your perfect capsule wardrobe. You do not need tons of clothes and 100 pair of shoes. **Quality is better than quantity.**
- Use the **4+4+4=40 formula.** You need only 4 tops (for example jackets), 4 bottoms (trousers and/or skirts) and 4 shirts/blouses to build a capsule wardrobe. These items have to be coordinated as you will be rotating them (for example jacket 1 goes with trousers 1 and skirt 2). Write down what you need to buy: skirts? Trousers? Fitted jeans? It is now time to think about the **budget.** How much money you can spend is key. It is better to buy few quality garments that many ill fitted/cheap fabric items.
- Hit the shops and **ALWAYS try on clothes on** before buying. There is no room for mistake. Consider buying the shoes/bags/briefcase that go with every complete garment. If something does not convince you and does not fit, move on. Even if your budget is not very high I suggest trying shops that are at a slight higher price point than what you can afford: this will train your eye on different cuts, quality and fabrics.
- Experiment with **colour.** There is more than black in life!

A word of warning: have a specific objective in mind if the sales have started. There is no point in buying items just because they are 50% off. Buy with a strategy in mind: your goal, your image, your brand.

You now have the tools to create **a new image and new you in 2012!**

Isabella Brusati, International Stylist, Effortlessly Chic www.effortlesslychic.net

Isabella is an international stylist. Born in Milan (Italy) she studied Art and Design in High School (she attended the same school as Stefano Gabbana of Dolce & Gabbana), before obtaining a Degree in Law and embarking in a legal career that brought her to the UK 9 years ago. She studied Image Consulting with Carla Mathis of the Body Beautiful Institute, the leading education programme in personal style

Whilst working in the corporate world for major banks Isabella has consistently advised people on their style and their look. Working in The City has given her unique experience to understand how style helps men and women getting ahead in their career and send a positive message. She offers individual style and colour consultations as well as collaborating as a stylist and delivering ad-hoc workshops for major corporations and outsourcing companies

New Year, New Job eGuide I was asked to write a guide for jobs.ac.uk. It's currently featured as the Editor's Choice and you can download your own copy here: <http://www.jobs.ac.uk/careers-advice/> I've got excellent feedback from professional colleagues, and I highly recommend you access this eGuide.



Amazing People Brochure

An update, and I hope you like it, It's a big file so best to right click and save to your desk top. You can access the brochure [here](#).

I know I have a tendency to go into a lot of detail, I think I've got the balance right on this one.

Don't forget I offer many different eBooks from my website including a detailed guide to [Create a CV](#) and the well regarded [How To Use LinkedIn to Get A New Job](#).

Plus don't forget about my print books - read more details on [Amazon](#).



FAT to Fantastic: An Inspirational Diary of Middle Aged Weight Loss (over 10 Stone!), Based on Healthy Eating, Regular Exercise and Masses of Drive and Determination

An inspirational story of achieving massive goals and massive weight loss from best selling author Denise Taylor

Now on sale, read more at <http://www.fat2fantastic.com>

Want to get this newsletter each month? Sign up from my [website](#) and also get my highly acclaimed '10 Steps to A Job you Love eProgramme at no charge!

Get in touch: For a confidential chat about how we could work together [email](#) or call me on 01684 772 888

Amazing People: Career Coaching, Counselling and Guidance | Assessments | Job Search Support

I only send e-mail to those who are interested in hearing from me. If you would prefer not to receive e-mail from me in the future, please use the link in the email that came with this newsletter to unsubscribe.

Read [Back Issues](#) | Meet me on [Facebook](#) | See me on [YouTube](#) | Follow me on [Twitter](#)