
CHARLOTTE BROADBENT

CHARLOTTE  LOVES

AWARD WINNING STYLIST, TV
PRESENTER, KEY NOTE SPEAKER

CHARLOTTELOVES.CO.UK

KEY THEMES IN CHARLOTTE'S SPEECHES

HOW TO MAKE POSITIVE,
LASTING FIRST IMPRESSIONS

IMPORTANCE OF
INDIVIDUALTY, CONFIDENCE
& SELF ACCEPTANCE.

HOW TO HARNESS COLOUR.
WHAT COLOURS TO WEAR
WHEN & WHY.

HOW TO BUILD YOUR
PERSONAL BRAND

CREATING IMPACT ON
SCREEN. OPTIMAL SCREEN SET
UP.

TOP BEAUTY & HAIR TIPS

LIMIT STRESS & DEPRESSION BY
TAKING CONTROL.

SELF-CARE & WELL-BEING

TOP 10 TIPS FOR
HOMEWORKING STYLE



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FIRST IMPRESSIONS

7 seconds to make a judgement. 55% based on what you look like. 38% on confidence. 7% what you say. POLL.

INDIVIDUALITY & POSITIVITY

It takes nothing to join the crowd, yet everything to stand apart. People with individuality are more likely to be perceived as confident, influential & taken more seriously. Happy, positive, confident people raises productivity by 31% and sales by 37%. POLL. Confidence starts with how you feel about yourself. Positivity breeds productivity. Damien Hughes: if you deliver a 3:1 ratio of positive people in your team they are significantly more productive than teams who don't reach this.

HARNESS THE POWER OF COLOUR

Limit black and grey which have no beneficial wavelength or personality. Red stimulates and releases adrenalin. Pink is friendly and sincere. Orange represents happiness and bravery. Yellow is optimistic & the first colour the eye sees. Green promotes compassion and nurturing. Blue releases oxytocin, the colour of trust, peace & loyalty. Purple represents ambition & wealth. POLL. Seasonal colour analysis demo: Spring, Summer, Autumn, Winter. Key tips on what colours to wear in different business environments.

PERSONAL BRAND

How to create consistency in appearance & confidence. Creating memorable moments; dressing how you want to behave, as a means of communication and developing an image you become synonymous with.

TOP BEAUTY & HAIR TIPS

Quick tips on how to create a healthy, vibrant 3D appearance. How to brighten eyes, stay in-place make up ideas, how to camouflage dark circles and hide tired skin. Easy hair tips to complete your look. Product recommendations. POLL.

TAKING CONTROL TO LIMIT STRESS & ANXIETY

Controlling the controllables. Importance of self-care. Taking time for yourself in your morning routine 'The Zorro Effect' – small circles can add up to major achievements. Importance of breathing, exercise and taking breaks. Stephen Covey – focus on your circle of influence, not your circle of concern.

TOP 10 TIPS FOR CREATING IMPACT ON SCREEN.

Be prepared. Be professional. Dress the part to play the part. Plan in advance – Tara Swart: Choice Reduction Method. Motivational dressing ideas & appropriate style tips. Optimal screen set up tips.

INSPIRATIONAL SPEAKER

Charlotte has the power to change the way you think, the way you look, improve the way you approach life and in turn improve how others perceive you. If you want a speaker who can motivate and inspire your leaders, build success and confidence within your teams and energise people to move forward with positivity, increased productivity and self belief, then Charlotte is the speaker for you.

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