

CHARLOTTE BROADBENT

CHARLOTTE  LOVES

AWARD WINNING STYLIST, TV
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CHARLOTTELOVES.CO.UK

KEY THEMES IN CHARLOTTE'S SPEECHES

AVOIDING THE COMPARISON
TRAP

BYPASSING THE FEAR OF
JUDGEMENT

CONFRONTING CHANGE &
UNCERTAINTY.

BEING AUTHENTIC

STYLE PERSONALITY &
COLOUR IN THE WORKPLACE

WHAT DO YOU WANT YOUR
PERSONAL BRAND TO SAY
ABOUT YOU?

BELIEFS = BEHAVIOUR =
RESULTS

MAKING CHANGE HAPPEN

ACCELERATING
PERFORMANCE &
OUTPERFORMING THE
COMPETITION



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AVOIDING THE COMPARISON TRAP

Pitfalls of being insecure. Reducing the scarcity mindset. 'Be you. Do you. For you' Someone else's success is not your failure. Lifting others lifts you.

BYPASSING FEAR OF JUDGEMENT

Women fear what people think more than men do. Don't let others dictate your narrative. Our sense of self is to a large extent driven by how others see us, and we start to behave and dress in ways people expect. Fear is purely a lack of confidence. Sheryl Sandberg – 'sit at the table'.

BEING AUTHENTIC.

Follow your instincts. Don't let other people's opinion of you become the opinion of yourself. Don't replicate others, however, consider who inspires you. Get people to think about who inspires them and why. What unique elements do they embody that inspire you?

STYLE PERSONALITY & COLOUR IN THE WORKPLACE

How colours link to business personality types. Red = direct, decisive. Yellow = enthusiastic, flexible. Green = considerate, supportive. Blue = analytical, detailed. Introvert and Extrovert colours meaning. Red = Let's do it Now. Yellow = Let's do it together. Green = Let's Do it Harmoniously. Blue = Let's do it right.

BELIEFS = BEHAVIOUR = RESULTS

Why not you? If not you, who? Positive, repetitive thoughts counteract insecurity and negativity. Don't succumb to untrue, false thoughts. Do you have proof of the negative thoughts? What you believe will help determine your behavior on a consistent basis and this will determine how successful you are in making change happen.

MAKING CHANGE HAPPEN

Identify where you are stuck in a rut with your image and identity. Are you stuck in the same old habits? Panic buying, lazy online shopping, wearing the same things over again, only wearing 20% of your wardrobe,, never changing your make up or hair style. It can be debilitating when you don't feel good about yourself or if you never find time to boost your confidence. Embrace change. Try new things. Don't fear failure. And above all 'Do It Now'. Confronting fear of change is the only way to not become it's prisoner.

ACCELERATING PERFORMANCE & OUTPERFORMING

Stay ahead of the curve. Don't wait for others to do it first. Differentiate, be a game changer. Final tips for smashing it!

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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