Building your confidence through your personal style

"Fashion changes, but style endures." Coco Chanel

All you have to do is find yours.

Style for me is all about expressing who you are, showing yourself through your clothes, make up and accessories. What you wear should be as individual as you are, it can be great to follow trends but there is definitely nothing wrong in making it your own. Fashion can and should be an extension of you, where you present who you are through your creative style, just be whatever excites you and who you are.

Finding my style and creative edge has really grown my confidence, and I found my style by learning to dress for me, what I feel great in, I don't feel held back by what others don't agree with or appreciate, I wear the pieces that mean something to me, what suits my personality and my shape and ultimately what makes me feel good.

Here are my top tips on building your confidence through finding your own personal style.

Enjoy it

We all have them, but don't allow your body hang ups to prevent you from enjoying what you wear. Having fun with clothing, dressing in line with who you are and not taking it too seriously really helps you to develop your own personal style.

Drawing upon Inspiration

It's wonderful to take inspiration from those around you, either on Instagram or it could just be a person you saw when you were out for dinner who you thought looked beautiful (and as a side note never be afraid to compliment others or ask them where they bought that gorgeous dress from). Style is definitely personal, and that's the joy, but you can buy that same dress, but you might team it with a brightly coloured handbag and matching shoes it suddenly becomes yours. It's a wonderful feeling to then think you might then become someone else's inspiration.

Also by feeling inspired it may take you a little out of your current comfort zone and help you discover what you really love but have always been afraid to choose.

Be comfortable

Don't keep the clothes that make you feel bad, there should be no place in your wardrobe for them, we've all made the mistake of wearing that outfit you don't feel right in and regret it for the day, I've found it can really effect my confidence. Wearing something you feel good in can completely change your outlook for the day. Only keep space in your wardrobe for only the things that you love, that may mean less, and that is totally ok. I have a beautiful Valentino belt that I wear more times than anything else in my wardrobe, and in days gone by I would have felt I was wearing it too much, but I wear it individually each time and I never fail to feel myself and good in it.

Dress your best everyday

This I know for the people I have styled can be one of the single biggest factors in a complete change of self confidence and belief. When growing up I was taught to save outfits for

best, for that family occasion, this meant beautiful pieces sitting in the wardrobe often only worn one or two times yet those were the days you felt your best. Don't wait until for these moments, not just occasions but goals too, often we are waiting until we become our desired weight or until we can buy luxury. My motto, just dress the best for who you are today and within a budget that works for you.

Show off your best features

What better way to feel confident through style than enhancing those parts of you that you already feel most confident about. Don't focus on the bits you would prefer to hide and celebrate the features you love. That may not be the same thing everyday, are you having a great hair day? Can you create a look around that, perhaps something simple or neutral in tone so that you focus is on your hair. Have you had your nails done? Put on your best bracelets and rings, draw attention to it, feel good with it.

I love seeing peoples confidence develop as they learn more about what works best for them and how to use clothes to show of their amazing personality. So overall I am saying….

Embrace you