

# The Value of Confidence

## “Confidence is the best fashion accessory” Vivienne Westwood

### How I got there

To explain the value of confidence, I think I need to tell you my own journey of how I got there. After two caesareans with my boys and the journey of re-educating myself after being diagnosed as gluten intolerant really took its toll on my body, I was actually quite proud that I never exercised, had owned the same trainers since I was at school and to the most part ate what I wanted and only properly cooked when we were entertaining, the only thing I truly looked after (and received the compliments on) was my skin. But, and it was a big but, I was definitely not body confident and it was because of that, nearly two years ago I decided I needed to change. It was strange, like someone had flicked a switch in me that I needed to get healthier, fitter and more importantly take back ownership of my own body. I began cooking everything I and the family ate from scratch (which is like a military operation as I work more than full time and the kids are like starving hungry beasts that never fill!), training five times a week, obviously the knock on effect of this was weight loss, which was one of my personal goals as my BMI was obese and I was far too lethargic for a woman in her early 30's. 3 and 1/2 stone lighter and two years on I feel at my physical best that I have for years, it's insane how much more energy I have and my confidence has changed beyond recognition.

# **Don't be afraid of it**

To start with I was fairly afraid of being more confident as I also care what people think. But by whole heartedly embracing it, it's lead me to here, a point where I help others with their style, confidence, self worth and all organically, what started as me exploring my style meant others asked me to develop theirs, I realised I was actually very good at it, and not only that, I get that same incredible feeling in the pit of my stomach every time I make someone feel beautiful that I do when we hear about how Clockface Beauty skin care products have transformed their skin.

## **The power of feeling good through looking good**

Finding my style and exploring fashion has been like putting in the final piece of the jigsaw, it's allowed me to find me, the power of feeling good in how you look should never be underestimated. This certainly does not mean losing weight that was something personal to me that I felt I needed to do, what it does mean is that you can (hopefully with my help) use fashion to embrace who you are already, hone your style and feel beautiful and empowered in every way.

## **How I can help**

So I am here, sharing my journey with you, being a full time Founder and CEO of a fast growing skincare business, raising boys, running a home, cooking for my family and friends, and now being a part time stylist. I want to use what I have learned to help you grow not only your self worth but confidence too, a great place to start is with beautiful glowing skin and a style that gives you swagger. However I can help you I am here, if you want to use any of my fashion advice services please get in touch or for skincare pop over

to our website [www.clockfacebeauty.com](http://www.clockfacebeauty.com) and head straight to  
the skin clinic.