



Tip of the Week

Today's Feature: **INSTANT FASHION**

While not being a slave to fashion or trends it is great to know those "little updaters" you can apply to instantly look like you are in the fashion "know". It may be old news that the tank has replaced the t-shirt, but what is very "now" is layering tanks. I love this peek-a-boo technique especially for people who might be a little color shy.

Ready to go out for the evening, and the little black dress you have always loved looks, well, *out*? Give it an instant update by peppering it with a splash of color. Accessorize it with colored shoes and/or handbag. It works beautifully this season.

Last seasons trendy chandelier earrings have been easing out of the spotlight in favor of the newest long slim earrings.

Tip: **SELF-AWARENESS BENEFIT**

The foundation for developing personal style is self-awareness. There are many benefits to knowing oneself well, but in a recent study conducted in the field of nursing, behavioral psychologists conducting the study discovered their research revealed that *strong self-awareness leads to strong leadership skills*. They found it to be even more important than strong self-confidence. 35% of the population at large is motivated by a desire for intimacy, (in contrast to the motivators power, peace or fun) yet in the field of nursing, 77% are motivated by intimacy.