The SheSpoke Style Program

tamara glick

A 4-week program that teaching you everything to regain, or find for the first time, your true Personal Style. So you can live and dress with more authenticity, confidence, joy, and ease every day.

ARE YOU READY? CLICK HERE!

Client Success Story

"I strongly recommend the tools that Tamara has to offer. They're life changing! I really believe this a great investment from all the compliments that I get, the time that I've saved, and in the end, the money that I've saved!"

Cynthia

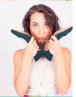
Client Success Story

"The first time I worked with Tamara, just one time, I came back and said, why didn't I do this when my sister told me to do it three years ago? Because she's my older sister I didn't do it! You don't know me, so I'm telling you: DO IT! You'll feel better, you'll feel like - you'll be thankful you did it now because why wait? Why wait for that?"

Maryann

In the SheSpoke Style program I'll teach you how you can **easily remove blocks and fears** around expressing your natural **sense of style, embrace your body, and enjoy** getting dressed again

- so you can focus on the things that **really matter** to you.



You know what? I know what it's like to wonder what you're 'putting out there' to feel disassociated from, frustrated by, and unhappy with getting dressed.

From corporate to self-employed, from big birthdays and lifestyle changes - I've been there myself, and I've helped hundreds of women break-free from their ruts and find themselves again!

Client Success Story

"I didn't want to be struggling every morning. We look for knowledge and tools in other parts of our lives, so why not here? Tamara's approach is unique...it's about a comprehensive approach, where you want to be, where you see yourself down the road, and not forgetting what your roots are."

Satinder

When I started this journey, I was looking to find myself as I entered the corporate world. I'd always been in the fashion industry in some way but shifting gears and moving into a new industry, I was constantly receiving messages that the more corporate (read: more basic and boring) was better. Not only was that information inaccurate for the industry I was moving into - but it was an automatic disengage for me, personally!

I devoted myself to studying the intricacies of image, what it meant, how it affected success, and I started to implement the new information I was learning.

I couldn't believe how dramatic the shift was!

Suddenly I was more called upon at work for my true talents and gifts.

I landed jobs with more ease. And was being asked by colleagues to assist them developing their own authentic personal style.

I went back to business school alma mater. When I told them my experiences, how I changed my strategy, and immediately started seeing more fluidity and success in my life, they hired me on the spot to talk with their graduating MBA students to help prep them effectively for the workforce - to understand their value and how to express it visually.

But it wasn't really just about 'business'. My years of private practice as a Mind-Body-Style Coach and Certified Image Consultant have shown me is that how we represent ourselves, **how we feel in our bodies, our hearts and our clothes impact us every day, in every activity in our lives.**

Soon, women in all arenas from stay-at-home moms to executives were asking for my help in uncovering their **authentic personal style.** To help them release their ruts, **identify their Inner Wild** so they could spend their time focusing on what was **really important to them.**

Client Success Story

Thanks so much for all of your sage advice and helpful guidance! I have learned much and will always be grateful for our connection. You helped me in my own journey to accept the body I have as well as embrace my full self!

Elaine A.

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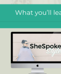
What you'll learn in the **SheSpoke Style Program**



4 Modules in 4 Weeks

To confidently create YOUR Brand New Style!

The 4 Modules Include:

Video Training | Weekly Style Workbooks | Private Group Support | BONUSES!

Module One

Identify Your Backstory

We've never gone a day without wearing clothes. We'll gently explore your style history to shape a brighter, more fulfilling future.

You will:

- Explore your history and relationship with clothes so you can objectively see the style story that you've lived until now
- Identify the emotions, beliefs, habits, and patterns that you store deep inside
- Use a simple shifting process to finally break down and remove limiting beliefs that have prevented you from embracing your unique style so you can truly enjoy the process of expressing yourself through style
- List your style ideals and expectations so you can measure your definition of success
- Work through simple yet powerful exercises and tools to release fear or resistance to change and build Self-Empowerment so you can go confidently in the direction of your style!

Module Two

Develop Style DNA

We'll explore and map your unique Style DNA from scratch so it reflects exactly who you are, and how you want to be seen in the world.

You will:

- Build your vision with easy visual tools that will make mapping YOUR ideal style a breeze
- Learn how to identify different Style Archetypes, with my fully formulated Style Archetype Schematics including adjectives, visuals, and real-life examples
- Clarify your personal definition of style with an enriched Style Vocabulary
- Develop your Personal Style Manifesto, which will inform and inspire your style choices to ensure you're always in alignment with your authentic Self!

Module Three

Colour Confidence

From understanding your natural palette to learning to use colour in strategic, energetic, and fashion-fluid ways, you'll cultivate confidence in dressing with colours that reflect your style goals.

You will:

- Experience colour from new and varied perspectives, building your own preferred colour palette and moving out of the perceived safe-zone of neutrals
- Learn how to raise your energetic vibration simply by utilizing colour effectively in your wardrobe
- Understand how see, appreciate your natural colour palette, and use colours to enhance your features and your personality
- Learn how to use colours to build fantastic outfits that express your energy, your personality, your Style DNA, without ever being 'over the top'

Module Four

Body Love

Our relationship with our bodies and our relationships with clothes go hand-in-hand. Here you'll find new ways to love and appreciate your shape, it's gifts and assets, and how to use clothes to celebrate and adore your bod!

You will:

- Experience true Self-Care with an easy to follow, easy to establish Self-Care calendar full of ideas and activities that implement easily into your day
- Rediscover the best in your body, and learn how to experience true love for yourSelf
- Discover a new way to enjoy being in your body, through awareness, movement, and gratitude practices
- Find out how to dress to enhance your very best features, deal with challenging fit issues, and build your body confidence so you can adapt any style with confidence and ease

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Client Success Story

With incredible talent, knowledge, and creativity, Tamara showed me how to be effortlessly stylish while staying true to myself. Selecting one the many outfits we have created together is incredibly fun and packing for a trip is now a breeze! Words cannot express how grateful I am. Thank you for being my guide, my inspiration and my Style BFF!

Nancy A.

Let's Talk Bonuses!

BONUS #1

A signature Style Development tool built to bring more interest and adventure to your journey. I'll give you access to one of my deepest, most personal tools to break free of the 'I don't have style' doldrums and create a burst of creative energy.

BONUS #2

A 30 minute downloadable yoga sequence for any level of ability, designed with Body Love for Women at its core. Experience this class over and over again because once you download it, it's yours to keep!

BONUS #3

Access to the Private Facebook Support Group. Get daily support and inspiration from me, and the members of this active and private community of Style Sisters. This group is specifically for members of the SheSpoke Style program. You can post questions any time of day or night and I will be there each day to support you! It's also a great place to ask for support and feedback from others in the community, a Sisterhood of Style Seekers who are all on a similar journey.

The SheSpoke Style Program

Is perfect for you if:

- You're sick of pulling your hair out when trying to figure out what to wear
- You're tired and frustrated that nothing seems to 'fit'
- You can't remember the last time you took care of yourself
- You need to uplevel your image for a promotion, starting a new career, becoming your own brand
- You've experienced a significant shift in your life and you're craving a new style to match
- You're wondering if there is some way to take the pain away from getting dressed every day
- You wish you could hire a Stylist of your own but are too shy to make that commitment in real life
- You haven't looked at a magazine or gone shopping for yourself in so long you can't remember when
- You have had the same sense of style (or even the same clothes) for more more years than you can remember
- You've hit a new milestone and you're ready to celebrate yourself again
- You're ready to embrace your truth, and live with greater authenticity, confidence, joy, and ease

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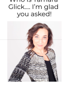
Who is Tamara Glick.... I'm glad you asked!



I'm your Style BFF, and you could say I'm a bit of a sweet rebel in the world of style and image because I show women how to learn, bend, and break the 'rules' so they can truly embrace their authentic style, with love!

Combine my unique expertise as a Certified Image Consultant, Yoga Teacher, and former Ad Exec, and you get my unique blend of fun, sassy, super attainable, relatable style advice.

For over 15 years I've been helping women like you discover their personal style by helping them release old habits, beliefs and fear, and providing support, expertise and education to make getting dressed fun, spiritual, and fulfilling again.

I passionate about YOUR Self Expression. No more boring fashion prescriptions, unrealistic expectations, or judgements and all about living your life and style to the fullest and from the inside out! I believe in YOU.

I've been featured on Podcasts including the New & Notable Butterflies of Wisdom and Quitting Corporate, news outlets including Global Newshour, CTV News Channel, CityTV Breakfast Television, and in national media including the Globe and Mail, Sun Media, and more. A published writer, I contributed the key piece on authenticity and appearance to Mark Bowden's groundbreaking book Winning Body Language for Sales Professionals.

As seen on: Global | Sun Media | CBC | radio one | Breakfast Television | 104.5 | The Globe and Mail | News

$397 USD

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Got a Question? Email Me:
tamara@trademarkimage.ca

EXTRA SCROLL AREA
(THIS DOES NOT PUBLISH)