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UNIQUELY YOU ***Rediscover Jewelry*** ***5 Good Habits to Adopt to Nourish Yourself***

Dear Orene,

I am devoting this issue to helping you feel more self-confident. First is a list of five good habits to adopt -- to help you feel like you're living your best life. I also included an article on rediscovering jewelry to help you modernize your look and give new life to clothes you already have. I find that looking polished and put together helps to increase your self-confidence.



On an unrelated topic in the area of career dressing, there was an article in the Wall St. Journal titled, "I'm Serious About Your Money, Casual about My Look," dated December 17, 2012, which discusses the widely differing dress codes in the offices of

financial advisers. Some professionals were pushing the limits in their casual attire. The article quotes a NYC based adviser: "If you dress professionally, people will take you seriously. Even if your clients are casual, they are there on a serious matter." This is food for thought in these days of changing office environments. I will post this on my blog -- please feel free to comment.

I just attended the AICI Education Days, with seminars on the following topics: Bridging the Cultural Gap (learning how different cultures affect our relationship with people from those cultures), The Do's and Don'ts of Business Etiquette & Civility, Great Style at Any Age (focusing on the trends, lifestyles and motivations for each generation), and Looking Your Best on Camera (from a makeup and lighting point of view). I really enjoyed these couple of days. If anyone wants to know a bit more on these topics, feel free to call me.

Enjoy!
Orene

5 Good Habits to Adopt to Nourish a Loving Attitude

February is the month of love and a great time to focus on yourself. Create new habits that will lead to self-appreciation and a



good self-image. You deserve it!

1. Get out of the habit for making excuses for how you

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Rediscover Jewelry

Does the subject of accessorizing with jewelry have you baffled or stymied? Whether it's an overwhelming jewelry box or an empty one, intimidation at the jewelry counter or lack of confidence in your decision-making, it's time to get over these common jewelry concerns.

What do I do with jewelry I already have but don't wear?

It's very common for jewelry to collect and collect over the years. This part of your "wardrobe" needs purging and editing just like your clothes do. Most likely you have jewelry that's broken, has lost its meaning to you, or doesn't suit your style. Take an afternoon and go through your jewelry. Keep what you love.

look and how you dress.

Get into the habit of looking great today and every day.

2. Get out of the habit of criticizing your body when trying on clothes that don't flatter your body type.

Get into the habit of discovering clothes that naturally flatter your body type.

3. Get out of the habit of buying random pieces and feeling bad because you never wear them.

Get into the habit of shopping with a purpose and a list.

4. Get out of the habit of throwing on the same old thing day after day.

Get into the habit of taking time to create "new" outfits from your wardrobe and use more of what you already own.

5. Get out of the habit of adding new items to an already overstuffed closet.

Get into the habit of having a well-edited closet.

If it's fine jewelry, you may want to reset some items to make them current and start wearing them. If you need help restyling them at your local jeweler, please feel free to call me.

If it's costume jewelry, discard or donate what's broken or out of favor. Your discards would be welcomed at women's shelters, Dress for Success organizations or consignment stores.

If I've already spent money on clothes, why would I want to spend money on jewelry?

Your outfits look more polished and put together when you wear jewelry. It also adds more depth, definition, and interest to what you're wearing. Jewelry expresses your style and individuality. Another plus for spending money on jewelry is that it expands your clothing investment. Adding or changing the jewelry you're wearing transforms simple, classic clothing pieces. It is especially great to change the look of outfits when you are traveling



Mixed white and yellow gold bangles

There's so much to choose from; how do I know what to buy?

Pay attention to three things: color, proportion and whether or not you love it. If you buy higher-end costume jewelry that mirrors your own coloring, you've made a good investment. If your coloring is warm, look for warm metals and warmer shades of stones, gemstones, or colored beads. If your coloring is cool, go for cooler shades in jewelry and you'll be able to wear them all the time.



Layered Warm Color Necklace

Look at the scale of your features and bones to understand proportion. If you're large boned, chances are larger pieces will be better on you. If you have small facial features, smaller and more delicate pieces will be better on you. If you have a mix of small and large features, you'll be able to mix large scaled items with smaller scaled ones. Or if you're working with large scaled proportion but like delicate

COMPLIMENTARY CHAT

Sometimes you may feel that you are in a fashion rut or that you are looking frumpy and it is time to look more up-to-date. You may not have much time nor inclination to figure out how to put together items you already have in your closet in a new way. Being busy doesn't always allow you time for shopping. Or, perhaps you don't know where to shop to maximize your dollar.

Wouldn't it be helpful to have an expert who can help you with all of this? If you are ready to take some action, schedule a free initial conversation with me by [clicking here](#) and we can explore your challenges and goals.

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Archives of Prior Editions of Uniquely You

All of my previous newsletters, with

necklaces, try clustering multiple layers of them to create a bigger impact.

Jewelry pieces generally stay with us a lot longer than clothing pieces do. Be sure the ones you collect are ones you really look forward to wearing. If you love it, you'll wear it and enjoy it.

Is it okay to wear the same jewelry pieces every day?

There are many examples in fashion history as well as modern times where a woman was known for her signature jewelry that she wore everyday. It could be an arm full of bangles, multiple strands of pearls or large rings. Think: Coco Chanel.

You may not be satisfied with a signature jewelry look. That's fine. Most people change their jewelry depending on their lifestyle activities and outfits. What you wear to the soccer game isn't what you wear to work or the theater.

How do I fit accessorizing into my schedule when I'm already late in the morning?

Spend some time on the weekend creating a few outfits to wear for the following week. When you're not stressed out, it's easier to finish an outfit from head-to-toe, paying closer attention to the jewelry details. Either write out the outfit, including the jewelry, or hang each look together. You can even put the jewelry you'll need for each outfit into a separate Ziploc bag and hang it with the clothing pieces. Create a section of your closet for these grab-and-go outfits. Just think how stress-free you'll be when Monday rolls around!

If jewelry is a weak point in your wardrobe, don't let it get the best of you. We can tackle this subject together. You'll soon experience the benefits of rediscovering jewelry.



Cool color necklace

Why It's Important to Ask for Help

People ask for professional help everyday and they get it. With the input of someone's expertise, problems are solved, money is saved, and a sense of peace and calm slides in to take the place of stress and chaos.

all of my articles, tips and items of interest, are archived on my website [here](#).



You may not be aware of how much a professional could help you create ease and save money in an area that is so close to you. I'm talking about your wardrobe and the clothes you put on every day. Are you taking advantage of this opportunity to look your best, feel your best and walk through every part of your life with ease? You might want to take a closer look and see why it's a good idea.

Here's a quick reality check exercise. Go to your closet and count the number of clothing pieces that still have the hangtags attached. Now look at the prices on each of those hangtags and see how much you've spent on clothes you haven't worn yet. Now visit your shoes and accessories. Do you have items you haven't worn? Chances are you have great things but don't know how to put them together. A professional could help you with that and turn those purchases into a wise investment.

Nobody's getting any younger. You've probably noticed that! There might have been a time in your life when you could wake up and dash out the door in five minutes in just a pair of jeans and a t-shirt and maybe some lip gloss. That's a challenge even for the young, but as you've grown older and wiser, you have a new beauty that may be untapped and neglected. By asking for help, learning how to dress the woman you've grown into in a way that is flattering and fabulous is within your reach.

No matter what your age, if you're like most women, you have a blind spot when it comes to knowing your best features and assets. Women can usually name their figure challenges, but under the eye of a professional, they may have even gotten that part wrong. You have assets you're not even aware of! What's in your blind spot is fully visible to a stylist who can't wait to highlight specific features and aspects of your face and figure. Wouldn't it be fun to find out what those assets are? Confidence awaits you as soon as you ask for help.

You're so busy with so many things. Any kind of pampering or personal services have probably slipped off your To-Do list. Self-care is often the last thing you think about in a day, week, month or even a year! Yet looking your best helps you feel your best especially through the hours of a stressful day. It's an immeasurable act of brilliance to reach out and have a professional help you use your precious time, energy and resources to help you feel renewed and refreshed. It would be

my pleasure to be that professional and lead you to your best version of yourself. You deserve it!

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