



# R.ISE and SHINE

- How to gain self-confidence and composure
- How to use your body language effectively - and become more visible
- How to become your own make-up professional (my face is my business card)
- How to express your communication and make a greater impression
- How to convey competence with charisma - and remain feminine at the same time

*Two professionals show you what matters.*

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**Self-awareness and confidence**  
in the way you look and act - for more success and joie de vivre!

# Two professionals show you what matters.

## Make an impression that has an impact

How do I make an impression on others? How do I sharpen my perception of my counterpart – and myself? Successful women take their time to question and improve their own impact that they have. This is the key to a professional appearance that conveys confidence and competence.

## Happy wife – happy life

How can I give my appearance more appeal with professional beauty tips? How can I gain more self-confidence, courage and composure by changing my look? These are the fundamentals of a successful and fulfilled life.



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