

SERVICES FOR FASHION MODELS

Role Model Living enables fashion models to manage:

- Stress
- Emotions: Anger, fear, shame, sadness etc.
- The mind
- Relationships: bonding and effective communication
- Self-confidence and distorted beliefs
- Exploitation, abuse and sexual harassment
- Success and failure
- Rejection, loneliness and competition
- Time, career strategies and finances
- Addictions, eating concerns and eating habits
- Coping strategies
- Lack of assertiveness
- Repeating pattern behaviours and bad habits

In order to develop or bring out:

- Healthy coping strategies
- Empowerment
- Self-confidence
- Self-fulfilment
- Personality
- Ethical values
- Calmness
- Happiness
- Identity