

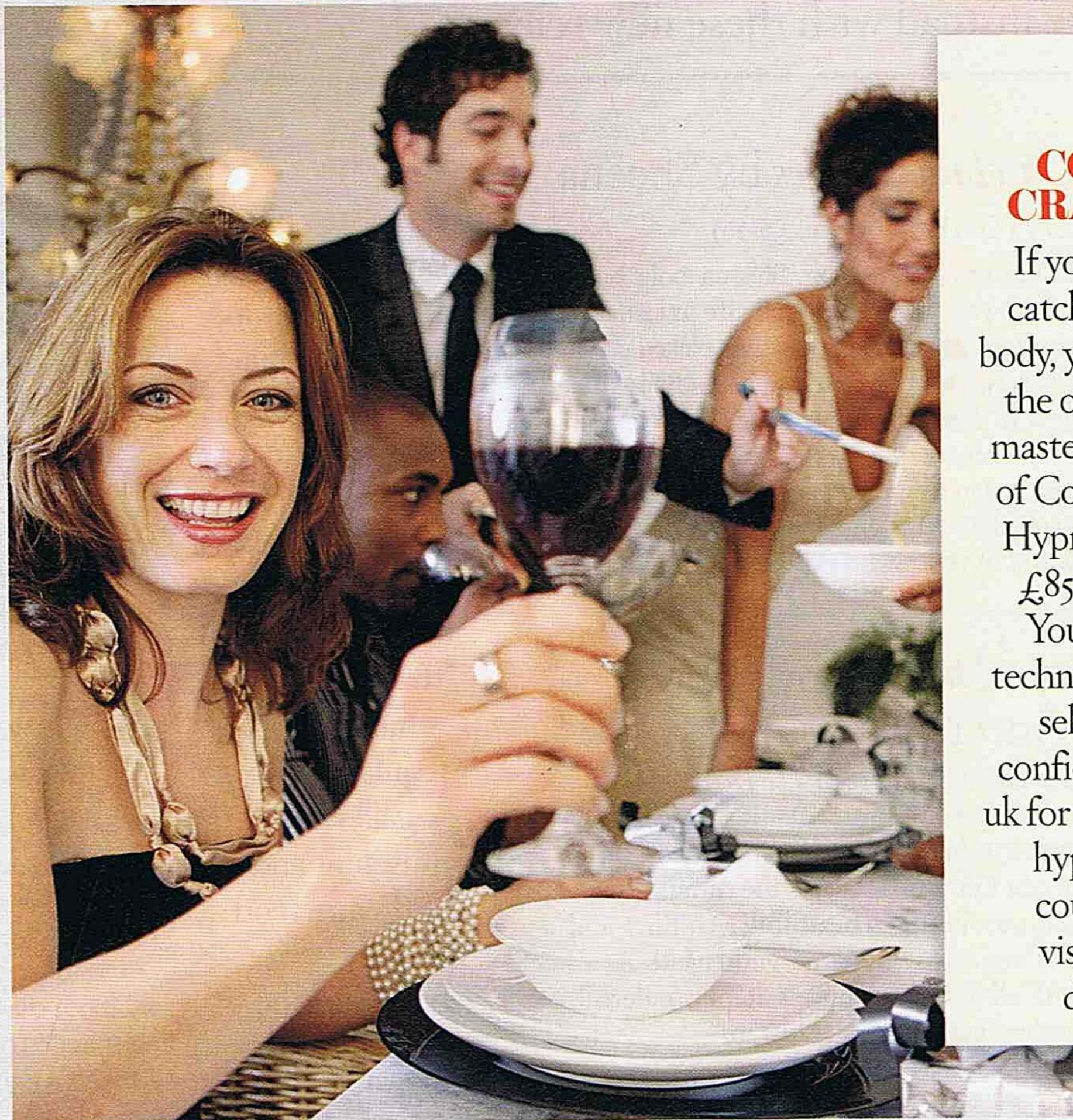
Love your... November

The nights are drawing in and there's a chill in the air, but don't let it get you down. We've lined up some fail-safe confidence boosters to have you looking and feeling your best

Achieve instant celebrity poise

The ever calm and confident actress Helen Mirren shares her tip: 'In my job you have to meet people constantly. If you're in a place of terror, it's useful to drop the voice and keep the shoulders low and open. I was taught this by a policewoman: don't fold your arms, stay open, keep your arms relaxed. It's hard to let your arms drop but it's so important.'

Extract taken from *The Star Qualities: How to Sparkle With Confidence in All Aspects of Your Life* by Caroline Goyder (Sidgwick & Jackson)



CONFIDENCE CRASH COURSE

If your brain has yet to catch up with your new body, you may benefit from the one-day self-esteem masterclass at the College of Cognitive Behavioural Hypnotherapy, London, £85, on 19 November.

You'll be taught basic techniques on how to gain self-acceptance and confidence. See ccbh.org.uk for details. To find other hypnotherapists and courses in your area, visit hypnotherapy-directory.org.uk.



KNOCK 'EM DEAD IN RED

Flaunt your curves this month in the Ultimate Wrap Dress, from Gok Wan's first collection for Tu at Sainsbury's. With a built-in sculping slip to enhance your figure, you'll feel super-confident, whatever the occasion. Team it with these leg-lengthening lovelies below for extra wow!

DRESS, £40, size 8-22, Gok for Tu at Sainsbury's (0800 636262). HEELS, £85, Dune (dune.co.uk)

'KEEP YOUR HEELS, HEAD & STANDARDS HIGH'

ANON

Feel-good giving

Doing good deeds can benefit your self-esteem. We went on Facebook to find out what you've been up to lately...

- **Joanna says:** 'I helped a little boy who was lost in a train station. He was so happy when I found his mum, but I think it made my day more than his!'
- **Michelle F says:** 'I helped out an elderly man who had fallen on the road and hurt his hand.'
- **Michelle G says:** 'I volunteer at Oxfam and last week a lady bought me chocolates to say thanks for all my hard work. It was nice to be on the receiving end of a good deed.'

