



Stylefulness®: how to become aware of your style and turn it into a way for happiness.

Stylefulness® is an idea and an experience of style, awareness and well-being created by Tania Mazzoleni, a life in the scouting of beauty and talent and a present of research to discover the right image and daily style routines for everyone.

The goal is to identify together a new point of balance between the head, where the desire for change is born, the heart, the source of awareness, the spirit, with ideas and values, and the body, the real appearance.

In a life in constant transformation, we need to redefined the centre of gravity every day: the Stylefulness® path identifies a method to make one's essence looks like what is shown and feel better, safer, and ready to face new challenges.

Stylefulness® is a way of reflecting on oneself that aims to free everyone's talents through a coaching path.

Step by step, we discover ourselves capable of overcoming limiting ideas stratified over time and of (re) building authentic self-esteem, the energy to better enjoy every day.

The image and style are our identity card to tell the world about ourselves and, for this reason, the primary elements that compose them, such as clothes or make-up, are in turn precious tools for acquiring a true Stylefulness®.

Tania Mazzoleni has defined specific paths that everyone can choose to work on the most crucial aspects based on their sensitivity.

You can start from your wardrobe, capable of becoming, sometimes, a *real "other identity" out of you* that is difficult to deal with.

To deal with it, you need to arm yourself with irony, recognize the causes of its *unhappiness* and treat it.

You can also start from body confidence, learning to know and look at your body with new eyes through meditation exercises and small fundamental experiences, such as learning to choose the right words to describe it.

These and many other paths can be combined with customized packages for every budget and needs. All are part of Stylefulness® and converge towards the same goal: reaching a new awareness, the decisive way to find your own form of happiness.