



5 Tips for Elevating Your Personal Style,  
Confidence, and Beauty

ELEVATE  
YOUR  
CONFIDENCE  
& STYLE

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# INTRODUCTION

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KRISTINA SZABOVA  
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Welcome to your Confidence & Style guide! If you've ever felt unsure about how to present yourself in social, professional, or personal situations, you're not alone. Confidence and style are interconnected—they influence how others see us and, more importantly, how we see ourselves.

In this guide, I'll walk you through five essential tips that will help you elevate your confidence and transform your style, no matter your budget or current wardrobe. Whether you're preparing for a job interview, a first date, or simply want to feel more empowered in your daily life.

As an experienced etiquette and diplomatic protocol consultant I understand the importance of presenting oneself with confidence and grace in every situation. I have worked with both private clients and public figures, ensuring they can move through high-stakes environments with ease, whether it's a formal event, a business negotiation, or a casual social gathering.

Through my workshops, bespoke coaching, and ebooks, I aim to empower individuals to elevate their personal and professional presence. My approach combines traditional etiquette with modern sensibilities, ensuring that my clients feel poised, polished, and prepared for any scenario.

Whether it's understanding your personal style or how to better use networking events, I am ready to help you shine with confidence in every aspect of life. Visit my [website](#) to grab your copy of my [eBook](#) or book a [consultation](#) today to start your journey toward mastering etiquette and presenting your best self in every situation.

*Kristina*

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# TIP 1: WARDROBE STAPLES FOR EVERY OCCASION

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Building a wardrobe that works for you starts with having the right staples. These are versatile, high-quality pieces that can be styled in multiple ways.

Here are five must-have items every wardrobe needs:

## 1. The Perfect White Shirt

A crisp, white shirt works for both formal and casual settings. Pair it with jeans for a laid-back look or a pencil skirt for the office.

## 2. A Tailored Blazer

A well-fitted blazer can make any outfit look more professional. Opt for neutral colors like black, navy, or grey that match everything.

## 3. Dark Wash Jeans

These are the most versatile jeans. They can be dressed up with heels and a blouse for dinner or dressed down with sneakers for errands.

## 4. A Little Black Dress (LBD)

This is a lifesaver when you're unsure what to wear to an event. Choose a classic style that flatters your figure.

## 5. Comfortable Flats & Statement Heels

Comfortable flats are great for day-to-day errands or work, while a pair of statement heels can elevate your outfit for any occasion.

By having select items of clothing, shoes, and accessories, you can make styling and layering easy, and spend less time figuring out what to wear. For a full guide on creating a stylish, versatile wardrobe, check out my ebook "[I Have Nothing to Wear](#)". It's packed with tips to help you build a wardrobe you love!



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## TIP 2: THE POWER OF POSTURE AND BODY LANGUAGE

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Good posture doesn't just make you look taller—it instantly gives the impression of confidence. When you stand tall with your shoulders back, you project authority and self-assurance. This simple shift in posture can change how others perceive you.

Practice the "wall test." Stand with your back against a wall, ensuring your heels, shoulders, and head touch it. Hold this position for 30 seconds, then step forward, maintaining the posture. It helps train your body to stand correctly.

Here are a few easy-to-implement tips to enhance your non-verbal communication:

### 1. Eye Contact

Too little eye contact can make you seem disinterested, while too much can feel intense. Aim for comfortable eye contact that shows you're engaged in the conversation.

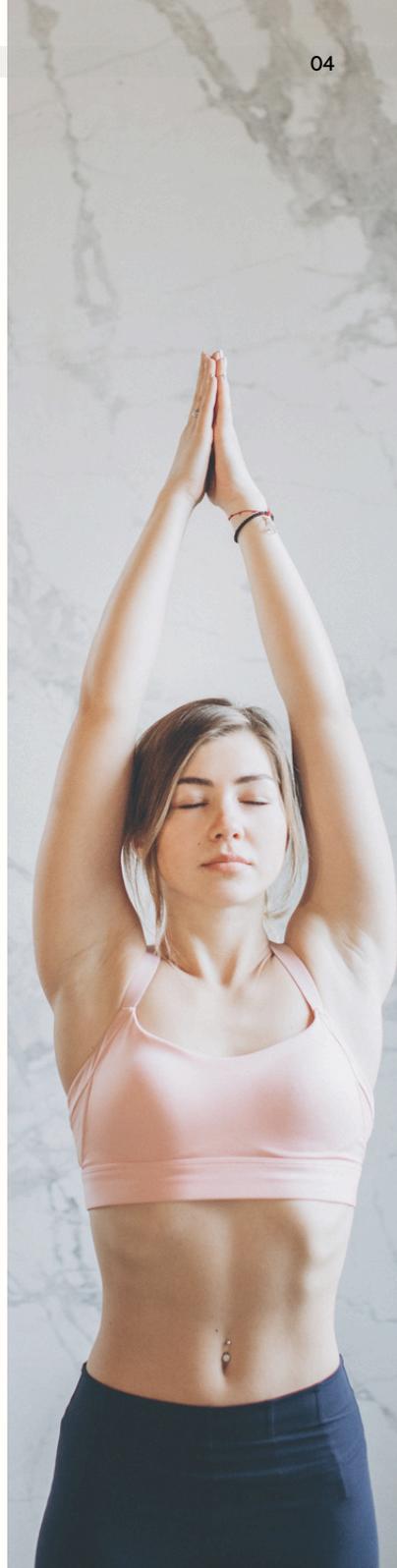
### 2. Open Stance

Avoid crossing your arms or legs. Even if someone is giving you a positive verbal message, crossing their arms or legs means they may be disinterested in what you're saying.

### 3. Gestures

Use natural hand movements when you talk, but keep them controlled. Overly dramatic gestures can be distracting, while none at all might make you seem rigid.

These were just some examples. If you want to understand how things like eye movements, hand gestures, and body positions relate to people's emotions and building confidence, check out my ebook "[From Shy to Shine](#)".



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## TIP 3: BUILDING CONFIDENCE THROUGH SELF-CARE

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### Skincare and Grooming

Taking care of your skin and grooming habits is one of the easiest ways to boost your confidence. When you look good, you feel good, right!

Start with a basic skincare routine: cleanse, moisturize, and protect your skin with sunscreen. Invest in a good haircut that flatters your face shape, and groom your nails regularly.

For tips and techniques for applying skincare and makeup that makes you feel **beautiful** and **elegant**, check out my ebook "[Elegant Beauty](#)".

### Daily Rituals to Boost Your Self-Esteem

Confidence isn't just about looking good—it's also about feeling good inside. Here are a few simple ways to build confidence daily:

#### 1. Positive Affirmations

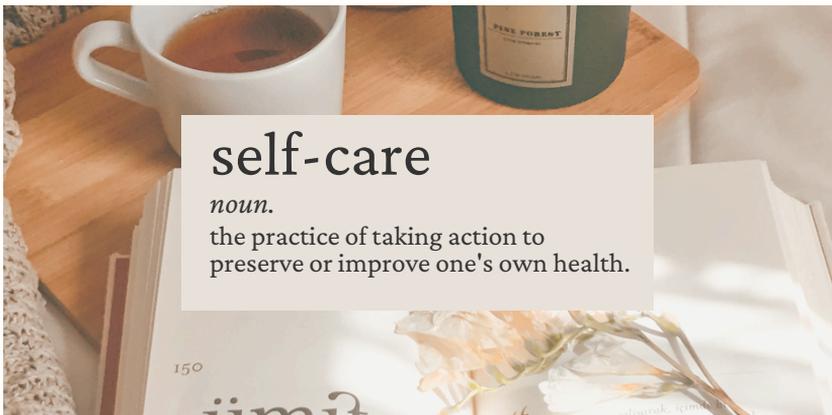
Start each day by affirming something positive about yourself, like "I am capable," or "I am deserving of success."

#### 2. Exercise

Even 20 minutes of movement can lift your mood and improve your self-image.

#### 3. Gratitude Practice

Write down three things you're grateful for each day. This helps shift your mindset toward positivity.



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## TIP 4: DRESSING FOR SUCCESS

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### **Outfit Planning for Work, Play, and Everything in Between**

Having an outfit planned ahead of time can reduce stress and ensure you always look your best.

Invest in pieces that can transition easily from day to night. For example, a flowing A-line silhouette dress can work at the office and, with the addition of some statement jewelry, is perfect for dinner afterward. Note, that it is also the most universally flattering!

Another useful transition piece is a leather jacket. Swap your office blazer for a sleek leather jacket and you're ready to go out straight from the office.

To truly dress for success, invest in a well-tailored suit. A quality suit can elevate your professional image, helping you feel confident and polished. Opt for a classic cut in a neutral color that can be easily mixed and matched with other wardrobe essentials. With a well-fitting suit and a few versatile pieces, you'll always be prepared for anything the day—or night—throws your way.



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## TIP 5: ACCESSORIZE LIKE A PRO

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Accessories are the finishing touch that brings your outfit together. However, less is often more. Start with one statement piece—a bold necklace, a chic handbag, or a striking pair of earrings—and keep the rest of your accessories minimal.

### Adding Colors

For a timeless and sophisticated style, sticking to a monochromatic or harmonious color palette is key. Accessories can subtly enhance your look while maintaining elegance. Start by keeping your outfit within the same color family—think soft blush with rose accents or navy with deep blue details. This creates a cohesive, polished appearance. For example, pair a beige dress with a camel-toned handbag and nude pumps for an effortlessly chic and elegant outfit.

If you want to add a touch of personality while still keeping things refined, introduce a single bold accessory that complements your base color. A cream outfit with a rich burgundy scarf or clutch instantly adds depth without overpowering the look.

As you get comfortable, you can add more variety by playing with textures rather than clashing colors—like a silky scarf with a wool coat in the same shade family. The goal is to create a fluid, coordinated look that highlights your style without feeling overdone.

Need more help in your style choices? Let's work together to build a wardrobe that makes you feel amazing every day—get in touch with me today!



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# BONUS TIP: THE MINDSET SHIFT FOR LASTING CONFIDENCE

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## **Developing a Positive Self-Image**

The most important element of confidence is how you see yourself. Surround yourself with positive influences, practice self-love, and stop comparing yourself to others. You are unique, and that is your power.

## **How to Silence Your Inner Critic**

When negative thoughts arise, challenge them. Ask yourself if these thoughts are factual or just your inner critic. Replace negative thoughts with affirmations that empower you.

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- **LIVE IN THE PRESENT**

Focus on the here and now and make the most of each moment.

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- **VISUALIZE YOUR SUCCESS**

Picture yourself achieving your goals and staying positive throughout the process.

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- **STAY ACTIVE**

People who exercise regularly tend to experience less stress, burnout, and mental exhaustion.

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- **BE POSITIVE**

Make an effort to think positive thoughts and surround yourself with positive people.

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- **DON'T DWELL ON THE PAST**

Let go of any negative experiences from the past and move on.

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# TAKE YOUR STYLE & CONFIDENCE TO THE NEXT LEVEL

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If you've enjoyed these tips and are ready to dive deeper into your confidence and style transformation, check out my ebooks:



## I HAVE NOTHING TO WEAR



## FROM SHY TO SHINE



## ELEGANT BEAUTY

Each offers tailored advice to help you become the best version of yourself, whether you're working on your wardrobe, your self-image, or your social skills.

For more tips and updates, follow me on social media:



Thank you for reading!

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Embrace each new day as an opportunity for growth and self-discovery. Believe in your potential, cultivate your strengths, and never underestimate the power of your own determination. Remember, the greatest investment you can make is in yourself.

ROSA MARIA AGUADO

# Notes





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