

We made it happen!

Six months ago, eight readers won a 'life makeover', receiving expert help and support in every area of their lives. Just look how they've been transformed!

"I enjoy better work-life balance now"

Charlene Melissa Pereira, 30, buyer

At the start of this life makeover, Charlene says her life was "stuck in a rut". She felt overwhelmed with work stress, chores and parenting her two young sons and had no time for even a basic skincare routine. She yearned to figure out what she really wanted to do.

"At the start of this series, I was very confused. Should I stay at my job, or start studying? And what course would be best for me? I also felt guilty because I did not spend much time with my sons, due to office work and home chores. Thanks to my life coach, I now see my life in a more positive light. I've moved to a new role at work, and have learnt how to better manage my time. I have also decided to study further. I still have to decide on the course, but now, I know that my reasons for choosing it will be the right ones. I feel so much happier today!"

"I've discovered what makes me tick"

Linda Lee, 28, civil servant

Linda thought she was "fat and ugly". She wanted to be slim and healthy when she walks down the aisle, but her negative self-image was affecting her relationship with her fiancé and kept her from committing to a wedding date.

"When I started this life makeover, my only goal was to lose weight and gain confidence before getting married. But I discovered so much more! I gained new insights into my personality, thanks to the Myers Briggs Type Indicator Test, conducted by my life coach at Wand Inspiration. This helped me adapt to a new environment at work much more easily than before. I did not lose much weight as I was not able to follow the dietician's advice strictly due to certain family developments. But now, I have more control, so I think twice about grabbing calorie-filled snacks."



"I've learnt to focus on my wellbeing"

Lille Tien, 43, sales administrator

Lille had returned to the workforce after taking a break. But she felt lost in her new environment and insecure in front of her "younger, prettier and more eloquent" colleagues.

"I'd always had a negative perception of myself. But the life coaching sessions helped me rediscover my strengths and gain a new perspective on life. Earlier, I used to be a junk food junkie. But after the advice from the dietician and the trainers at Pure Yoga, I'm now focused on total wellness, in body, mind and soul. I will definitely continue with the healthy diet and regular yoga lessons. I used to have no spare time for hobbies or for myself, but my life coach helped me find the courage to change my job. I enjoy my new role, and can balance the demands of work and personal life more smoothly. As a result, I've even got time to indulge in my favourite hobby – baking."

"I ask for help without guilt"

Yvonne Wong, 34, senior brand consultant

Yvonne felt low in energy after her second baby. Fatigue was also taking a toll on her skin and health. She wanted to rejuvenate herself before her seventh marriage anniversary.

"The most interesting part of this series was learning to become comfortable with the fact that I am not perfect. I've gained the confidence to ask for help when I need it. I do not desire to be a 'supermum' anymore – the label creates unrealistic expectations. I handle deadlines and stress more calmly, not because I control time, but because I have altered my perceptions. People say I look better too – I lost 6.9 kg and now try the beauty tips I learnt. I attended the Pure Yoga classes every week and felt very relaxed after hot yoga. At work, my management shared that I work better now compared to before my maternity leave! And at home, I'm more appreciative of my loved ones." *You can read about Yvonne's life coaching experience, in her own words, at www.wendywand.wordpress.com/about.*

"I know how to look my best now"

Siti Zubaidah Ramli, 29, trainee childcare teacher

This former stay-at-home mum said she had little time for herself due to her never-ending household chores. She had neglected her personal style over the years. She wanted a new look as it would make her "a happier person".

"After a few years as a stay-at-home mum, I started working recently. As a result, everything I learnt and experienced during *The Weekly Makes It Happen* life makeover series was invaluable. For one, I started to dress better after image consultant Audrey Quek shared her tips in the fashion workshop. I wear less black now and have started playing around with colours. I've got a new hair cut as recommended by Audrey, and have replaced my spectacles too. The Pure Yoga classes helped me relax, while the life-coaching sessions were a wake-up call for me to take control of my life. The beauty workshops also taught me how to take care of my skin. I'm on the thin side and want to put on weight. The nutrition sessions helped me eat better. Now, I prepare wholesome dishes for myself and my family!"



"I make healthier choices now"

Claudine Tan, 37, programme manager
Claudine realised she had to make changes to her lifestyle when an immigration officer giggled at her passport photo, indicating that her face had "really expanded". She was also depressed after being diagnosed with endometriosis.

"The best things I learnt from this series? How to eat more healthily. As a result, I've already lost 8 kg! I had an operation shortly after signing up for the series, so I could not do too much yoga. So most of my weight loss was through portion control.

"The dietician taught me smart ways to avoid snacking on fried foods, and how to add more vegetables to my meals. I've also learnt that if you eat too much healthy food, you can still gain weight, if you don't need so many calories for your lifestyle.

"Kai, my life coach from Wand Inspiration, pushed me outside my comfort zone to realise my potential. She encouraged me to set short-term goals, as these are more achievable. It helped me lose weight as I was determined to meet these mini targets!"

NOW YOU CAN WIN A LIFE MAKEOVER!

Do you feel stuck in a rut? Maybe you want to look slimmer and fitter, feel more confident, or have a better work-life balance? Write in with your story and a recent photo and you may be chosen for the next *The Weekly Makes It Happen* life makeover series.

Email to swwcontest@acpmagazines.com.sg with your story and photo, or post it to: Deepanjali Pandey, The Singapore Women's Weekly, 317 Outram Road, #03-01A/B, Concorde Shopping Centre. Or enter via Facebook at www.facebook.com/theshingaporewomensweekly.

"I can carry off trendier styles more confidently"

Sally Sim, 44, digital operations manager
Sally wanted to know how to dress better – just like her hip, young colleagues. But she did not know where to start. She said, "A fair bit of my wardrobe is black. I want help to navigate the 40s looking and feeling fabulous!"

"Before I signed up for the series, I used to exercise regularly, but my weight remained the same. However, after consulting dietician Jaclyn Reutens, I've lost 5.8 kg. This was due to changes I made in my food intake – I learnt to control portion sizes. I was also guided to make the right choices in all areas of my life by Albert King of Wand Inspiration. For example, I love good food but I want to be slim – I know now I can make healthy yet tasty food choices. Earlier, I had no confidence about wearing the trendy styles that my younger colleagues wore. Today, thanks to the make-up and fashion workshops, I know how to choose trendier styles that suit me and how to look my best!"

"I have inspired my family to get fit too"

Shahidah Angullia, 29, teacher
Shahidah put on so much weight with her second pregnancy that people asked her if she was still expecting – months after she had given birth. As a result, she lost her confidence and started wearing baggy clothes.

"The nutrition sessions I had with Jaclyn really worked for me. With little changes to my diet, I've lost 8 kg in four months! Now, I make sure my whole family eats healthier. My friends compliment me on my weight loss, and I feel energised and light. I've also benefited a lot from the Pure Yoga and life-coaching sessions. Thaddius Lawrence, of Wand Inspiration, helped me see beyond my doubts and taught me new ways to look at tough situations. Recently, a friend asked if I had actually put on my own make-up, because it looked so nice. So I thank Make Up Store for their very helpful beauty workshop."

THE WEEKLY WOULD LIKE TO THANK... Pure Yoga (www.pure-yoga.com), Make Up Store (www.makeupstore.sg), Wand Inspiration (www.wandinspiration.com), Jaclyn Reutens of Aptima Nutrition & Sports Consultants, and Audrey Quek Image Consultancy (www.audreyquek.com) for their contributions to making this series a success.



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