



Charisma Expert Inspires Confidence in New TV Show Contestants

Nikki Owen, the UK's leading expert on charisma and confidence, is set to feature in a brand new TV series from the makers of Britain's Next Top Model. Kitchen Sink to Catwalk is a new television programme that gives six fabulous women all aged over 40 the chance to experience the world of modelling, with an introduction to Models 1 for the winner.

As part of their journey, Nikki takes all six women through an intense adaptation of her unique and astonishing training seminar at **Shakespeare's Globe Theatre**, where they embark on a day of self-discovery and development that delivers a highly-charged and moving session with a dramatic finale. *(Picture - right - shows contestants pictured with series host and mentor, Scott Henshall).*



Nikki's training is featured in part 4 which airs Tuesday 9th March on the BIO HD Channel, and forms an integral part of the emotional transformation the women are taken through as they endeavour to reinvent themselves with a new career.

"I was delighted to have the chance to help each of the women overcome any emotional or psychological issues that might potentially hold them back from achieving their dreams of being successful models. They are all beautiful women who outwardly glow, but nearly all had areas where they perhaps lacked self-belief or confidence in themselves." Nikki continued: "My techniques are all about helping to people to shine on the inside as well as the outside, increasing confidence but at the same time remaining authentic. Once mastered, this is when people really can demonstrate immense presence and gravitas in the company of others."

During the day's session Nikki Owen, with the help of energy therapist Les Greve takes the women on a rollercoaster ride which sees emotions laid bare. Using groundbreaking techniques that explore dowsing, quantum physics, kinesiology, Neuro Linguistic Programming and timeline therapy, the day culminates in each of the women attempting an unbelievable task.

When interviewed after the days' event, the ladies agreed that the exercises had been unexpected, exciting and a highly positive part of their process of transformation. Speaking about the charisma workshop, Karen said: "We all got something so personal out of it". Angie added: "There are (so many) women like us who live on a daily basis without exploring the things we did today".

Nikki Owen's techniques have been used by many trainers, leaders and heads of industry wishing to hone their skills of persuasion and natural charisma; qualities that exist in abundance in the most successful, powerful, and iconic individuals throughout history and today including Barack Obama, Princess Diana, Winston Churchill and Simon Cowell to name just a few! Her involvement with the programme now shows how Nikki's unique coaching can help inspire those of us who live more ordinary lives to strive for extraordinary success and achievement!



Nikki Owen's highly interactive workshop seminars run across two days at the Shakespeare's Globe in the stunning and inspiring 'Balcony Room' of the complex. There are six dates available for 2010, with each catering for up to 24 delegates. A further five dates are available for The Charisma Tour in Birmingham, Brighton, Bristol, Glasgow and Harrogate. The seminars are aimed at individuals wishing to increase their opportunity for success in their chosen career or interest but who feel their confidence is holding them back. Nikki also offers one to one consultations and can tailor sessions for corporate clients plus she is also available for motivational and inspirational speaking opportunities. For more information, visit www.audiencewithcharisma.com.

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About Nikki Owen

To find out more about Nikki Owen, or for images, please call her publicity department at Caroline Fosbury Public Relations and Personal Management on 0208 994 7722 or 07973 318973; or email caroline@fosburypr.com.

About Kitchen Sink to Catwalk

Kitchen Sink to Catwalk is made by Thumbs Up Productions for Bio HD and will broadcast in 6 one hour long weekly programmes from February 16th at 9.00pm.

For further information about the programme and contestants, please contact:

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