

# THE INTERVIEW

BY JANE CONNOLLY



## Nikki's power of charisma

A LITTLE self-belief is all it takes to become a happier and more confident person, according to Nikki Owen.

Considered the UK's leading expert on charisma and confidence, the Kent-based guru has been studying the power of personality for more than 30 years.

This week her skills are called upon in a new television series, *Kitchen Sink To Catwalk*, in which six ordinary women – all aged over 40 – are transformed into potential fashion models.

In this week's episode Owen leads the women through her life-changing seminar, *Audience With Charisma*, at Shakespeare's Globe Theatre in London, where they learn how to tackle the emotional and psychological issues that might be holding them back in life.

"The amazing thing was that they were all very attractive women," she said.

"It was quite surprising that many of them didn't have a lot of self-belief and they were putting themselves down a lot. I want the programme to convey to women the impact their thoughts and words have on their physical bodies."

Based in Sevenoaks, Owen's company specialises in helping people from all walks of life achieve greater confidence and access their own hidden qualities.

"The reason it's called *Audience With Charisma* is because my belief is that everyone has charisma inside them, but the business of life forces them to put on layers of protection," Owen, 49, said.

"They put a wall up that blocks their own charisma and confidence. I call it the authen-



**WORLD'S A STAGE:** Owen outside Shakespeare's Globe Theatre

**NIKKI OWEN:** 'Everyone has charisma inside them, but they put up a wall that blocks their confidence'

tic power that captivates the hearts and minds of others. When people are being

absolutely themselves and doing what they love, they feel confident."

Owen was born in Bexley and now lives in Aylesford, but her seminars take place all over the country. Helping other people to overcome their insecurities has been her passion, but her life might have turned out very differently. "When I was 18, I was so shy I

could barely look people in the eye," she said. "But I was involved in a case at the Old Bailey and when I saw the defence barrister and the power of his presence, I witnessed the fact that one man's charisma had the power to change legal history."

"As someone who had no qualifications or confidence, I took my inspiration from this man and I wanted to find out if it was possible to learn to be charismatic, or if it was something you are born with."

"I've had a personal mission for the last 30 years and this is a culmination of that work."

From high-powered professionals to people who have been made redundant, Owen believes she can help anyone who wants to improve their confidence.

"If you can help people with their mindset, so they start believing in what's possible and are motivated to do it, they can learn the skill and find a way to use it."

Nikki Owen can be seen in *Kitchen Sink To Catwalk* on the BIO channel at 9pm on Tuesday.

Find out more about her seminars online at [www.audiencewithcharisma.com](http://www.audiencewithcharisma.com).