

Interview with coach image& style consultant Kari de Wilde

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Whether it be, a color or style advice, a shopping trip, wardrobe check, personal shopping trip or workshops for a group friends or companies- you can be assured that Kari de Wilde will help you discover 'a new you'.

Nationality: Dutch

Profession: Image& style consultant and Enneagram process coach

Milestones: 4 beautiful kids

Current location: Bussum, Holland

Tell us about your career as an image consultant and enneagram process coach at Kleur en Balans (Colour and Balance). How did you get started? I worked at Randstad as an international marketing manager, when I decided that the traveling was too much to combine with 4 kids. So I quit my very challenging job and started to do all kinds of volunteer work at schools and sports clubs.

I also sold women's fashion samples at home with personal color and styling advice. One day a friend said: You should professionalize your talent for styling people. So that's when I started my education at Colour me Beautiful and became a professional Image and Style consultant. The Enneagram is a different story. I wanted to get more self –insight and develop myself. I knew Jeanette van Stijn of Enneagram Europe. So I started with some workshops and I was instantly hooked! The enneagram offers a powerful method for healing, self-actualization and transformative work for self-realization. I decided to do all the workshops and trainings and became a certified Enneagram coach. The Enneagram is a model that describes 9 personality structures (enneagram types). It is a manual to better deal with yourself and other people.



What exactly do you do as an image consultant and enneagram process coach?

As an Image consultant I am dedicated to helping people of all ages and backgrounds to make the most of themselves – whether it be, a colour or style advice, a shopping trip, wardrobe check, personal shopping trip or workshops for a group friends or companies- you can be assured that I will help you discover 'a new you'. As an Enneagram Process coach, I work with the Enneagram model. With this powerful method for self-realization, people can get to know themselves (and others) better. If you know your enneagram type you can face and deal with your hassles and problems and build better relationships. I guide people through that process.

What is an enneagram process?

When I coach I use the enneagram model. During the coaching process, I take the client through 9 steps. From identifying your needs and dreams till finally trying to implement them.

What are the benefits of doing an enneagram session?

Would you love to live with more inner freedom, peace, power and fun? Then it is very interesting and worthwhile to discover your enneagram

type. It's a journey of self- discovery. It leads to increasing self- insight and acceptance through self – observation. You learn to see your habitual patterns and to release their hold on you. It also helps you to understand others and why they are different from you.

How can we describe Kleur en Balans/ Colour and Balance?

As an organization which....
Helps people, makes them more beautiful and happy with themselves. Outside and insight. Colour and Balance!

What was the first notable assignment/ customer/job or challenge for you?

Styling and dress the cover band "Amber Roots". 8 musicians and 2 lady singers. I loved that job! Trying to find the perfect image fitting their music and dealing with 10 different personalities. My enneagram background helped me a lot, although it was an image job.

What do you like most about your profession?

Happy people after a color or style advice or a coaching session.

What is the hardest thing about your profession?

Nothing is really hard, but more like a challenge: Every person is different!



Where can we book an image consultant session?

Can't wait to meet you! Love to give you a color advice. Mail or call me. +31655163218, karidewilde@xs4all.nl

Can you take us through a typical life of Kari?

Ha, ha, very organized and always busy. Professionally or privately. Colour advise image workshop, coach session, answering emails, volunteer work, family, friends, film, dinner, traveling or trying to find some rest and balance at

my weekly yoga & meditation class.

What must be mentioned, we have not discussed yet?

A color advice is a lifetime investment in yourself (until you become grey!) and a treat for yourself.

The Enneagram is a gift for your soul, it is a manual to better deal with yourself and other people. Both tools can be life changing!

My motto: Colour your Life!

