

"Always be confident and at ease with yourself to exude your inner personality."

- Audrey Quek



"Learn to project a positive image through your confidence and self-esteem before everything else."

This is a tough one. If I really have to choose, they are my family and loved ones.

**5. Who are your favourite fashion designers?**

To name a few, they are Karl Lagerfeld, Coco Chanel, Vivienne Westwood, Marc Jacobs, Stella McCartney.

**6. How young can you start learning about image and carrying yourself well?**

It's never too early to start, even my three-year-old daughter is taking after my steps.

**7. If I sent my daughter to your consultancy what are the first things you would teach her at your sessions?**

Learn to project a positive image through your confidence and self-esteem before everything else. Also, learn to maintain a regular

grooming routine from cleansing of face to even removal of unwanted hair for example, armpit hair or leg hair. Also, learn the poise of a lady before learning to dress up.

**8. Which actress wins a 10/10 for her image?**

No one in particular as I think if they are actresses or celebrities in their own ways, they would have already scored high in most areas from dressing to communication.

**9. What do you do to relax?**

Just chill over a glass of wine and good music with great company of siblings or friends.

**10. What's your favourite food?**

Japanese cuisine such as sashimi.  
Audrey Quek Image Consultancy



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