

## Sharon Huggard

### *Get In The Picture*



#### CONTACT DETAILS

T: +353 87 2330779

E: [style@sharonhuggard.com](mailto:style@sharonhuggard.com)

[www.linkedin.com/in/sharon-huggard-74131447/](https://www.linkedin.com/in/sharon-huggard-74131447/)

[www.sharonhuggard.com](http://www.sharonhuggard.com)

[www.getinthepicture.ie](http://www.getinthepicture.ie)

Sharon Huggard is an award-winning International Style and Body Confidence Coach with over 15 years of expertise, seamlessly blending personal style with personal development. Guided by her powerful tagline, “You Are Enough,” Sharon pioneers a journey that transcends societal standards, particularly the detrimental focus on weight. She is also the creator and founder of the Get In The Picture social enterprise and confidence movement sweeping the nation.

With a background enriched by 14 years in the financial services industry, Sharon brings a unique fusion of skills to empower her clients. Her approach involves innovative techniques like life coaching, QTT (Quantum Thinking Transformation) and NLP, liberating women from the constraints of societal norms. Having triumphed over her personal struggles tied to self-worth and scales, Sharon boldly declares ‘enough is enough’. Sharon’s influence extends far beyond the realms of styling.

Her expertise and thought leadership is regularly featured in local and national media including RTE Radio One, Newstalk, and Virgin Media TV. She has also featured in prestigious publications such as The Examiner, The Irish Independent, RSVP and Woman’s Way.

Catering to a diverse clientele encompassing women in politics, media, corporate professionals and business owners, Sharon is committed to reshaping mindsets surrounding worth and visibility.

Sharon’s emphasis is not just on redefining style and confidence but also on advocating for women to get in the picture of their life physically and metaphorically knowing that they are enough!

Sharon is known as The Queen of being seen for her work empowering women to elevate their impact, influence and income with style and confidence. She is also a volunteer in Work Equal.

The ACORNS programme was an invaluable support to Sharon as it showed her what was possible for her business and to think big!

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine