

Bio

Sharon Huggard is a pioneer and industry leader, amalgamating personal style and personal development.

Combining over 10 years of expertise as a Fashion Stylist with Life Coaching and NLP/QTT (Quantum Thinking Transformations) to help women find freedom from weighing their self-worth on the scales.



Woman's Way

Ireland :am

Derval

Irish Independent



Personal story

Sharon worked in the Financial Services Industry for 10 years and withdrew to raise our then 3 children under 3.5 years.

During this time, she entered Ireland's AM's Next Top Stylist and won without any styling or retail experience. She was lauded for her practical approach style 1 item 6 different ways. She trained with one of Ireland's top stylists.



Sharon's mission is to empower women to feel good about themselves inside and out.

Credentials

- The only Fashion Stylist qualified as a QTT practitioner in the world
- Featured in local & national newspapers and radio
- Featured on the Elaine Show and Ireland: AM
- Award-winning Style & Body Confidence Coach
- Style Boss Talks - Los Angeles
- Participant in ACORNS 6
- Certified LIFT facilitator (Leading Ireland's Future Together)
- Success Mentor with The Sarah Leather
- Coach in Derval.ie (12.4K members)
- Award-winning member of Network Ireland West Cork (Emerging Businesswoman of the Year, 2022)