

## About Pina Di Cola

*Pina Di Cola is an internationally recognized photojournalist with more than 30 years of experience photographing celebrities around the world. Her work has been published in magazines such as Paris Match, Hello, Hola, People, Gente, and Diva and includes more than 200 cover shoots.*

*Born in Italy, Pina studied journalism and received a degree in Photographic Studies from the Instituto d'Arte and the Academia of Belle Arti in Rome. She has spent the last 20 years exploring the depth and mystery of the human psyche and its emotions. She is a master in Neuro Linguistic Programming (NLP), licensed in Clinical Hypnotherapy (CHT) as well as in Hemispheric Integration Therapy (HIT).*



*Pina has combined her experience in photography and mental health studies to become a unique image consultant. Her passion is to bring awareness of unique beauty and essence to each*

*client. She brings an energetic, generous and enthusiastic personality to each shoot, helping even the most important and difficult personalities to elicit beauty and charisma. Her portraits bring out her clients true essence.*

### Pina Di Cola Photography

**Call now and become the star of your own life! Your professionally produced portfolio has a money back guarantee.**

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**SELF-IMAGE  
PHOTOGRAPHY**

By Pina Di Cola

**Pina Di Cola  
Photography**

323.571 .1494

***Nothing makes a women more beautiful than her belief that she is beautiful***  
***~Sophia Loren~***

Our self-image is a collection of sensory images, beliefs, thoughts and feelings.

The image we have of ourselves is everything

Our self-image determines our degree of happiness, fulfillment, success and overall satisfaction in life; it impacts our physical, emotional and mental health

Our self-image defines or limits what we will achieve in life

Your appearance is the first impression people have of you and how you see yourself plays a large role in determining how others see you

When we value ourselves, we dress, walk and talk with confidence.

Improve your self-image through creative and artistic portraits of yourself. This is the first step toward gaining confidence. A process influenced by your attitude, facial expressions and the way you dress.



Caravaggio

## Self-Image Photography (SIP) will

**reveal your true opinion of yourself.**

SIP is a personal account of who you are, visually, mentally and physically. SIP includes:

- How you think you look physically
- How your personality comes across
- What kind of person you think you are
- What you think others think of you

**Together we will explore:**

- Which styles benefit you?
- Which body postures are acceptable to you?
- What to do in difficult situations.

**Never again will you say:**

“I’m not photogenic,” or

“I’m shy in front of the camera.”

**You will lose all criticisms you have about your looks for good!**

The photo shoot help you explore four areas of your life with four different clothing styles:

- ⇒ Casual (family/private lifestyle)
- ⇒ Business (work/professional aspirations)
- ⇒ Evening (glamour success, aesthetic)
- ⇒ Spiritual (beauty/identity, uniqueness)

## **Who will benefit from Self-Image Photography?**

Men and women of all ages benefit from SIP. We strongly encourage parents to help teens to have the SIP experience as well. From executives to entrepreneurs, musicians to the disabled, we all need support and to be reminded of how beautiful we really are.

**Empower yourself with beautiful  
images that reflect your true spirit**

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