

## From Depression to Confidence: Woman Learns to Own Her Life

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A young woman enrolled in a programme under IWIL India’s initiative “Style Me!! Empower Me!!” entered the process seeking a change in appearance and wardrobe. However, as the mentor explains, for her it quickly became deeper than fashion:

“For her, dressing and makeup was a minor part of her makeover, as she needed more help with just being confident in her own skin.”

This shift marked the beginning of a transformation rooted in mental wellbeing, fitness habits and self-belief.

### From Struggle to Self-Belief

When she joined the programme, the participant was experiencing depression and believed that merely changing clothes would change everything. As the mentor recollected:

“She came to me as a person undergoing depression, who thought that just dressing would change everything, and I’m proud to say that she walked out a happy, confident person.”

The intervention thus blended style coaching with lifestyle support—introducing routines, positive affirmations and holistic change.

### Empowerment in Action

IWIL India highlights that this initiative, among others, is part of its efforts to build employability and self-esteem in under-served groups. The story mentions that the mentor’s organisation had begun with the initiative “Style Me!! Empower Me!!” to help under-privileged youth, acid-burn victims and cancer-care patients become employable.

This layering of social impact, style help and personal resilience is central to the narrative.

### Milestones & Reflections

The mentor also shared a personal proud moment:

“My proudest moment was when I picked up my ringing phone to hear that I was one of India’s finalists in the competition!”

This reflects that the work being done isn’t only impactful personally but also professionally recognized.

## Why This Matters

- It shows that makeover and image programmes can be catalysts for broader personal change—not just external styling.
- It emphasises the link between confidence, presentation and employability in empowerment programmes.
- It illustrates how platforms like IWIL India support women’s transformation by combining skill-development, mentorship and social outreach.
- Most importantly, it presents a tangible story of mental health turnaround—where support around lifestyle, identity and self-worth is as vital as skills or fashion.

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