

Be Magnetic and Charismatic with the ACES Framework!

Learn the skills to become a charismatic woman that effortlessly attracts quality relationships in all areas of your life.

Hi, I'm Patty Contenta. I've been coaching for the last 30 years in dance studios around the world, helping thousands of women who are struggling with their body-image feel more charismatic and desirable through the art of body language, dance, flirting and much more!



The ACES Framework gives you an easy-to-understand map of the 4 social virtues that any woman can use to amplify your charisma and attract quality relationships in all areas of your life. Why embrace your charismatic side?

Did you know...

- **A charismatic woman** possesses a potent blend of attractiveness and presence that commands attention with an irresistible magnetic energy.
- **A charismatic woman** attracts others with apparent ease, and it is important to note that a charismatic woman doesn't have to be physically attractive to possess the power to attract. When we meet or observe a charismatic woman, we are attracted to her aura of 'special-ness', believing that her 'special-ness' could overflow into our own personality, infecting us, as if by osmosis, with a magical presence.
- **A charismatic woman** has an undefined quality that somehow stands out. Though it's not easy to describe, she has the skills in connecting with others and influencing them at a deep, personal level.

A charismatic woman believes ...

“Leave people with a positive impression of themselves, and they will inevitably have a positive impression of you.”

In other words, this is NOT about GETTING attention but **GIVING attention**.

A Charismatic Woman possesses these common qualities that are attainable to every woman.

- ❖ A charismatic woman is **confident**. She likes herself, and that belief in herself draws people to them.
- ❖ Her **optimism** and enthusiasm **are infectious**. She does not unload her burdens unnecessarily.
- ❖ She has **captivating stories to tell** and relates them with humor and certainty.
- ❖ She uses **welcoming body language**. This woman can walk up to others, shake their hands with a smile and own a room when she walks into it.
- ❖ She has **conviction** and will talk about things that concerns her deeply. She conveys her passion for her favourite subject to her listeners.
- ❖ She **pays attention to detail**, observing everything around her. She will redirect the conversation according to the mood of her surroundings.
- ❖ She knows she can't please everyone. She realizes that controversy and criticism are inevitable and **develops a thick skin**.
- ❖ She **takes risks** therefore not afraid of failure because she knows it's bound to happen. Her motto is “what's the worst that could happen?”

The easiest way to tap into the **Charisma Effect** is with the **ACES Framework** that I created based on 4 common social virtues that people want to feel when in the presence of another person.

The tips, resources, courses and coaching you'll receive from me at Sensuality Secrets are based on creating the Charisma Effect, the ACES Framework being the fast-track to amplifying your unique presence. It's designed to be simple and fun since there are only 4 parts to remember.

Learn the **ACES Framework** so you can be in control of creating a meaningful exchange, with authentic connection, that will show up in many areas of your life, such as;

- Special romantic relationships that have a core connection.
- Deep meaningful friendships that last for decades.
- Leadership skills that inspire loyalty and support.

The ACES Pillar

A => Appreciation

C => Connection

E => Elevation

S => Self-expression

1. APPRECIATION

Letting someone know you understand and recognize their positive qualities...you're validating their efforts, their character, their values. There's nothing more precious than the feeling that we truly matter.

Feeling genuinely appreciated lifts people up. At the most basic level, it makes us feel safe, which is what frees us to do our best work, show up in our best light.

Part of appreciating is the ability to give compliments, they are like emotional deposits on someone's wellbeing!

Tip: Start giving 3 compliments per day. Be Specific and unique. Notice something physical, a character trait or what a person provided for you.

2. CONNECTION

Finding where you relate with someone through perhaps mutual friends, common interests or similar experiences. Humans are social animals. We crave feeling supported and we naturally connect more when we have similar interests and values. It feels like "you get me".

To connect with people, you need to be curious about people. As you stay curious and open, you become attentive to their body language, the words they choose, what lights them up.

When looking for commonalities within hobbies, you'll discover their values.

The quality of your questions is key to connecting with someone and uncover their uniqueness, which can be related to yours (not just about a hobby but about a value that is dear to them).

Tip: Talk to strangers. Start with your waiter, someone at the coffee shop, or clothing store. It's about learning to pay attention and asking quality questions to uncover people's commonalities with you. If you are unsure, use conversation starters from your environment such as asking about the best coffee.

3. ELEVATION

Ability to uplift someone's mood by putting a smile on their face, being playful, being entertaining and funny. This is related to your energy level, your vitality for life through your sensory experience. Paying attention to your surroundings allows you to be present, embodying what you are getting from your senses, which inevitably is sensual.

Be the kind of person that is attentive to her environment.

Tip: *The next time you go out with someone (friend or date), notice, the textures, the colors, the music in the background, the aromas and share how that ignites you.*

4. SELF-EXPRESSION

Self-expression is a display of individuality whether it's through words, clothing, hairstyle, or hobby. Being self-expressed means that people will see your spirit, they'll see the totality of who you are. And sharing of one's "self" fully can be a generous act.

Raising curiosity by sharing something new that you are learning. For example, interesting facts/perspectives, a book you're reading, current events, trivia...this sharing of yourself.

Become the cool person you want to date. Consider all areas of your life and develop ways to keep enhancing whatever it is you need in different moments of your life.

Tip: *Any time you learn something new, experience something new, tell a friend. Learn to be someone that shares in detail about the experience and bring the listener into your world. Share one new discovery with a friend this week!*

CONCLUSION:

If you don't prioritize your life, someone else will. To start reshaping your life requires consistent millimeter shifts, on what truly matters – your essence!

Here is how to develop the **Charismatic Effect** with the **ACES Framework** in your life right NOW!

Tip for **Appreciation**:

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Tip for **Connection**:

Talk to strangers. Start with your waiter, someone at the coffee shop, or clothing store. It's about learning to pay attention and asking quality questions to uncover people's commonalities with you. If you are not sure, use conversation starters from your environment such as asking about the best coffee.

Tip for **Elevation**:

The next time you go out with someone (friend or date), notice the textures, the colors, the music in the background, the aromas and share how that ignites you.

Tip for **Self-expression**:

Any time you learn something new, experience something new, tell a friend. Learn to be someone that shares in the details about the experience and bring the listener into your world.

Invest in YOURSELF and then share with others. This sharing magnifies your life!

And now if you are ready to take it to another level, enroll in my **Body-Image Breakthrough Program**, an easy outside-in approach to amplifying your charisma, designed to boost your body confidence and reconnect you to your inner and outer beauty.

Body-Image Breakthrough