

Shelly Kampa
Performance 1

I have gained so much knowledge from taking the Performance 1 class. From hair, make-up (that I knew nothing about), style, nutrition, and self-confidence. Not only have I seen an extreme change with myself, my friends have noticed my self-confidence rise, and my wardrobe change also. I can't think of any reason why someone should not take this class. Even if you're unsure with what you want to do with your life, like me, this is an excellent place to start. You learn about everything.

Before I took this class I was a sweat-shirt and hat type of girl (Tom Boy), and now I love dressing up and going out. I don't care about the girls whispering in the corner anymore. I can actually look in the mirror and say, wow, I look very presentable. One of the many things that I have learned that has helped me is, stay away from negative people, that has changed me so much in so many ways.

The nutrition part of this class was unbelievable for me. I was a Burger King Queen, definitely not anymore. I now eat healthy, well I try very hard. I stay away from pop, now that I know it causes cellulite, and I drink lots of water. Also, I never realized how important it is to stay out of the sun.

I want to give a huge thank you to everyone at Caryn International, especially my agent Lisa for giving me a chance, and I can't wait to take more classes.

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