

Cultivating confidence, authenticity and self-acceptance

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3 Facts About Me



I'm an Executive Assistant within Marketing and Communications at one of London's most iconic newspapers.



I'm a **passionate advocate** for Vitiligo and other visible differences. Gifted Skin is an empowering lifestyle and advocacy brand that celebrates people living with vitiligo and visible skin differences.



I am a passionate **food content creator** who loves photography, London's culinary scene and discovering hidden gems.



The Reality of Living with Vitiligo

There are three Types of Vitiligo

Non-Segmental: 69%

Vitiligo appears on both sides of the body

Segmental: 9%

Vitiligo affects one side of the body.

Universal: 14%

Complete loss of pigment.



79% say it has a negative impact on their appearance

Vitiligo can affect every day activities such as dating, beach holidays, feeling comfortable being intimate, new social settings and presenting themselves in front of family and friends

What is Confidence?

Confidence is believing in your abilities.

Confidence is believing in your abilities — but it's also about trusting yourself even when doubt creeps in. It's knowing that you can learn, adapt, and grow through challenges. True confidence isn't about perfection; it's about progress and self-trust.

“For years, I believed confidence meant covering up my skin. But true confidence came when I stopped hiding and started embracing who I am — vitiligo and all.”



Why Confidence Matters?



- Confidence is the foundation for everything we do — it shapes the way we speak, connect, and show up in the world.
- When we believe in ourselves, doors open to opportunities that fear once kept closed.
- Learning to embrace my skin with vitiligo taught me that confidence isn't about fitting in — it's about standing proudly in your truth.
- When women own their confidence, they don't just transform their own lives; they inspire others to do the same.

Barriers to Confidence

01

Negative self-talk

I used to tell myself repeatedly that I wasn't worthy - undateable, unattractive and that my patches made me less beautiful. I was even approached to feature on Channel 4's Undatables but couldn't go through with it. The narrative reinforced this more.

02

Comparison culture

Whilst social media is great for connection with so many positives, it can also be a trap for comparison, forgetting our own stories and making us forget our uniqueness

03

Learned Barriers

Sometimes, if we've spent years internalising negative thoughts and self-talk, it can become our loudest barriers to growth.

04

Perfectionism

We live in a world obsessed with perfection where pressure is put on us to look and act in a particular way. If we can't block out these narratives, it can impact how we feel about ourselves.

05

Lack of support

You can't bloom in an environment that doesn't water you.



Thank You

“In a world where 70 million people have vitiligo, never feel like you are alone”

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