

COLOUR & STYLE SOLUTIONS

Have you ever wished that you knew how to dress better?

Do you leave your clothing purchases to your partner or wife?

Do you dislike shopping because you don't know what suits you?

Do you want to create a professional image for yourself but don't know where to start?

If you answer 'Yes' to any of the above questions, the F3 Colour & Style Solutions for Men is the perfect solution for you to create your own signature look. By learning and understanding what suits your natural colouring, individual shape and personality, you can begin to create the image you wish to portray and increase your self confidence.

After completing this programme, you will find that shopping for clothes and accessories will become quicker, easier and more cost effective. You will have the knowledge to dress for the occasion and to purchase only what suits you best.



Colour & Style Solutions for Men includes:

- The importance of your visual appearance and image
- The use of colour contrast levels
- Your skin tone evaluation
- Seasonal Colour Flow Analysis
- How to mix and match prints and patterns, shirts and neckties
- How to create mood with colour
- Colour and your personality
- Colour and the business world
- How to use your Personal Colour Swatch
- Increasing your style confidence
- Body shape analysis
- The art of illusion dressing and camouflaging figure challenges
- Business casual and business casualty
- The casual to formal range of dressing
- The risks of poor personal and professional dress choices
- The importance of accessories and proper selection
- The 10 elements of a successful garment/outfit
- The difference between style and fashion
- Tips on how to shop more effectively
- How to use your Style Solutions Portfolio
- Face shape analysis and hairstyle recommendations
- How to choose accessories and eyewear
- Hair style recommendation

Your [Personal Style Solutions Portfolio](#) and [Personal Colour Solutions Profile](#) arm you with the knowledge to shop wisely, which will ultimately save you time and money as you will never make a clothing purchase mistake ever again.