

FASHION & STYLE SOLUTIONS

Do you always wear black or a 'signature' colour?

Have you ever said that you've got nothing to wear?

Do you wear more than 50% of your wardrobe on a regular basis?

Do you find shopping for clothes to be frustrating and unsuccessful?

Looking great and being physically appealing is not limited to size, age or shape. Dressing is EASY, it's looking good that's HARD. Looking great does not rely on youth, a great body or a large bank account; but on proven line, design, illusion principles, a sound knowledge of effective shopping techniques and a little fashion insight. By understanding what suits your 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 never look at clothing in the way again. You will have the knowledge and confidence to purchase only what suits you and your personality the best.



Fashion & Style Solutions includes:

- The power of your appearance
- Identifying your body type
- How to use design lines
- Specific garment proportion
- Distinguishing prominent features
- The art of illusion dressing and how to camouflage figure challenges
- How to avoid expensive shopping mistakes
- Minimum clothes for maximum mix and match
- Coordinating fabrics, prints and patterns
- The difference between style and fashion
- Increasing your style confidence
- How to view trends, fashion cycles and determine the best time to buy
- Tips on how to shop more effectively
- Finding your Personal Style Personality
- Tips to instant weight loss
- Dressing sins
- Essential and basic fabric knowledge
- Dressing the body you were born with - not the one you want
- How to use your [Personal Style Solutions Portfolio](#)