



Style Foundations Course Outline

Week 1 – Style Foundations

Lesson #1: Just the Beginning

Objectives	<ul style="list-style-type: none">• Understand the message that you are sharing each and every day• Realize that you are in control the message that you want others to receive• Understand the difference between fashion and style• Acknowledge that appearances do matter in life and that they are correlated to career success
Homework	<ul style="list-style-type: none">• Survey: Tell us more about yourself

Lesson #2: Your Style Discovery

Objectives	<ul style="list-style-type: none">• Identify the important aspects of your career and lifestyle that will ultimately influence your style• Discover how you want to be perceived by others
Homework	<ul style="list-style-type: none">• A style discovery worksheet• A vision for impeccable personal style



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Week 2 – Style Foundations

Lesson #3: Your Body Shape

Objectives	<ul style="list-style-type: none">• Identify and know your body shape• Discover the secrets of successfully dressing for your body type• Gain confidence in making clothing choices that work well with your body type
Homework	<ul style="list-style-type: none">• Understanding your body type worksheet

Lesson #4: Importance of Professional Appearance and Dressing for your Profession

Objectives	<ul style="list-style-type: none">• Understand the message that you are sharing each and every day• Understand the importance of your style in the workplace• Acknowledge that a positive professional appearance is correlated to career success
Homework	<ul style="list-style-type: none">• Worksheet on Professional Appearance and Dressing for your Profession



Style Foundations Course Outline

Week 3 – Style Foundations

Lesson #5- Colour, Pattern & Texture

Objectives	<ul style="list-style-type: none">• Understand what colours and patterns can work for you and which ones don't• Understand the importance of fabric and different textures• Be confident when choosing colours, patterns and textures both for work and play
Homework	<ul style="list-style-type: none">• Colour, pattern and texture worksheet

Lesson #6: Finishing Touches- Part 1

Objectives	<ul style="list-style-type: none">• Recognize and accept the importance of finishing touches to complete your look• Learn the basics of professional hair and make-up• Ensure you are taking your personal grooming seriously
Homework	<ul style="list-style-type: none">• The Finishing Touches- Part 1 worksheet



Style Foundations Course Outline

Week 4 – Style Foundations

Lesson #7: Finishing Touches- Part 2

Objectives	<ul style="list-style-type: none">• Understand how to properly accessorize with shoes and accessories
Homework	<ul style="list-style-type: none">• The Finishing Touches- Part 2 worksheet

Lesson #8: Your Style Preference

Objectives	<ul style="list-style-type: none">• Learn how you can wear pieces that remain authentic to who you are and what you want others to know you for.• Discover different styles that may appeal to you (give examples)• Realize that we all draw our inspiration from different sources• Be confident you are dressing appropriately for your age.• Learn how to incorporate what's trendy... and make it work for you
Homework	<ul style="list-style-type: none">• Create inspiration boards



Style Foundations Course Outline

Week 5 – Style Foundations

Lesson #9: The 10 Wardrobe Essentials

Objectives	<ul style="list-style-type: none">• Identify the top 10 items every woman should have in her wardrobe• Use these top 10 items to take stock of what you current have in your wardrobe and note any gaps
Homework	<ul style="list-style-type: none">• The Top 10 Wardrobe Essentials worksheet

Lesson #10: The Depths of Your Closet

Objectives	<ul style="list-style-type: none">• Conduct a complete closet audit to identify any items in your closet that don't match what you want to project and discover any wardrobe gaps• Learn how to set-up your closet (so it's easier in the morning!)• Discover how to maximize your closet space
Homework	<ul style="list-style-type: none">• Closet Audit Worksheet