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6 week online styling program

# DRESS AND EXPRESS TRUE



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# 6 WEEK STYLING PROGRAM

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- A lot of the times we think styling is about trends. Or we think that finding a piece of clothing is only about personal preferences. These may be true but it's more than that.
  - Sometimes how we feel about a piece of clothing tells us a lot about ourselves. Whether we love something, hate something or is disinterested, the goal of styling is not just to find a piece of suitable clothing, as the goal is to understand ourselves deeper in the process. So dressing up can reflect our truth and confidence.
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# 6 WEEK ONLINE STYLING PROGRAM

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- With this awareness that goes beyond the superficial, and with the support of Adele, a stylist of over 20 years of experience and a depth of sensitivity for people, clients have the opportunity to rebuild a true foundation to how they dress in complete honour to themselves, freer from pictures and pressures from society, which would sustain them in any stage in life.
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# FIRST SESSION

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- In the first session we will meet for a consultation to know more about you—your practical or sometimes not so practical ;) wardrobe needs.
  - We will expose and deconstruct some of our pictures on dressing up and body image.
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# SECOND SESSION

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- The honesty built with ourselves in the first session allows us to deepen the acceptance with ourselves to further regain clarity on our clothing choices.
  - We can go over your existing wardrobe and decide what still supports you and what doesn't, as well as what we can add.
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# THIRD AND FOURTH SESSIONS

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- After the clearing process, we make space for a truer expression of ourselves. This session may feel raw and open or deeply joyful and inspiring, and we are supported to step into more of our power with clothes.
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# FIFTH AND SIXTH SESSIONS

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- This is a fun part of the course where we exchange styling ideas and comments with real air time on trying clothing items during our time together.
  - We build confidence from the inside out and start embodying our more true way of expressing with clothes in group work.
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