THE STYLE COACH

Confidence In Style

15 August 2022

Week 4: Part 1

Body Shape

Questions to consider

What am I trying to achieve when dressing?
Where do I want the focus to be?
What parts of me do I feel best about?
Which parts of my body would I prefer not to draw attention to?

Can you identify your body shape? Is it a Triangle, Rectangle, Inverted Triangle, Round/Oval or Hourglass shape?

Once you have identified your shape, describe the following:

- Tops that suit me
- Trousers that suit me
- Coats that suit me
- Dresses that suit me
- Swimwear that suits me

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