

THE STYLE COACH

Confidence In Style

5 June 2023

Dressing For Your Body Shape

Week 2

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