

GOLDSTER★

STYLE COACHING  
DRESSING FOR YOUR BODY  
SHAPE







# STYLE COACHING DRESSING FOR YOUR BODY SHAPE

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# STYLE COACHING

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Are you hoping to take a new direction in life? A new job perhaps, or a new relationship, or branching out with a new social life?

Feeling confident whatever you are doing is critical. Wearing the right clothes makes you stand tall and feel ready to take on the world, however wearing the wrong clothes makes you want to hide and shrink away.



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As a style coach it's my job to help you find that inner confidence through your clothes. Wearing the right clothes that suit you and make the most of your shape has a real impact on everything in your life, from relationships to job

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*



# THE COURSE

If you are struggling to make sense of your body shape and how to dress so that you bring out the best in yourself, you won't want to miss this course.

In this 6-week course, you will learn about lateral and vertical proportions, creating illusions with clothes and learn how to make great choices in fabrics and cuts.

You will also learn how to create balance in your outfits to create the most flattering shapes for your unique body.

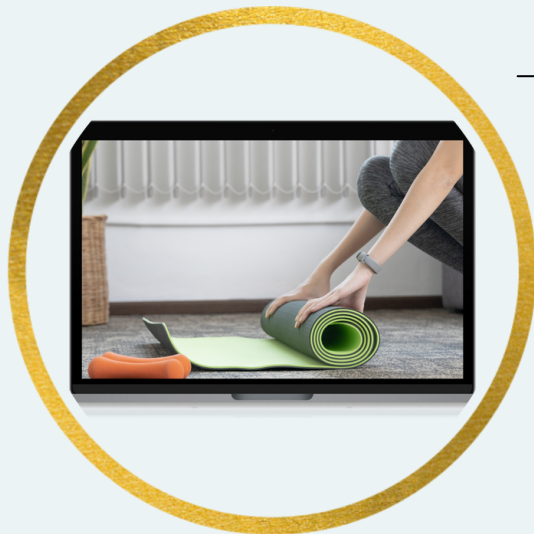
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*



Week 1 - Foundations

Week 2 - Identifying And Understanding Body Shapes

Week 3 - Vertical Proportions

Week 4 - Face Shapes And Accessories

Week 5 - Body Measurements

Week 6 - How To Pose

Weekly course details can be found in the resources section on the [class page](#).

# YOUR JOURNEY

## WEEKLY COURSE

1

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.



# YOUR COACH



## Sarah Ryan

### Style Coach and Mind Coach

Hi, I'm Sarah and I am an award-winning Style Coach. My passion is to help women with lots of clothes and nothing to wear to streamline their style and increase their confidence. I use a unique set of skills in styling and Neuro-Linguistic Programming (NLP) to offer a range of holistic Style Coaching services.

I want you to feel authenticity, sustainability and continuous personal development in understanding and creating your own style. Nothing brings me greater joy than to see a person who starts believing in themselves and who goes after their dreams. Let's start this journey together.

# YOUR NOTES

WEEK 1



# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3



# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6

