

THE STYLE COACH™

Confidence In Style

29 August 2022

Week 6: Part 1

How To Take Your Measurements

- Wear slim fitting clothes like leggings and a t-shirt
- Or, if comfortable, nothing at all
- Use a tailor's measuring tape that is flexible
- You may want the assistance of another person
- Stand relaxed, without tensing any muscles
- Measure the shoulders, bust, waist, hips, inseam, outer leg
- Take each measurement three times and take the average of the three measurements.

Familiarise yourself with size guides online!

Tips on posing:

- Create interesting angles with arms and legs
- Occupy your hands, hold a bag, glass etc
- Put your hand near your face, hair
- Try the faux walk/laugh
- Remember to be playful with it and have fun!