

Spousal Conference Programs

Catherine Bell, AICI CIP is one of only twelve Certified Image Professionals in Canada. Her lengthy career as a fashion designer, professor of fashion design and image consultant brings a unique perspective and expertise to these interactive spousal programs. Participants will enjoy her warm engaging style and sense of humour.

A) Dressing for Your Body Type:

Bottom heavy? Prominent bust? Thick waist? Petite? Learn how line, colour, texture and pattern can be used to enhance your best features and camouflage what you may see as a figure challenge. By the end of this workshop you will know how designers and stylists use these elements to create balance. Bring a questionable garment from your closet and discover why it may not be the best choice for your perfect body.

- Three vertical figure types
- Six horizontal figure types
- The power of line in creating balance
- Avoiding frumpy proportions
- Applying texture, pattern and colour
- Enhancing focal points

B) Wardrobe Capsules: Four Plus Five Equals Twenty!

Apply the principles of wardrobe capsules when buying clothing and you'll never again say that you have nothing in your closet to wear. Bring a favourite garment to the workshop and discover whether it fits the wardrobe capsule principle where nine pieces of coordinated clothing can create over twenty outfits. You will learn how to create a wardrobe capsule plan suited to your lifestyle.

- Clothing personalities
- How to do a closet audit
- Impact of lifestyle
- Colour and wardrobe versatility
- Assessing sale items
- Wardrobe capsule plans

C) Packing 101:

Do you agonize over what to pack for your holiday? Do you end up with three suitcases for a ten-day trip and overweight airline charges to prove it? Learn tricks and techniques for packing for both business and leisure travel from a seasoned traveller who never leaves home with more than one suitcase.

- Rolling versus folding
- Style and colour choices
- Luggage options
- Accessories expand your wardrobe
- Carry on essentials
- Planning for the trip home

© 2008 Catherine Bell, 613.273.7542, www.prime-impressions.com