

# Styling Sussex

## The 2009 “Style Me Confident” Challenge!

My New Year Resolution is for 2009 to be our best dressed year yet! Challenge Gay Richardson to make it happen for you.

**D**o you ever look in the wardrobe and think you have nothing to wear, even though the wardrobe is full?

Do you make impulse purchases then find that they don't go with anything else and stay hanging up, unworn, complete with label, for months?

Do you have trouble knowing what to do with accessories – scarves, necklaces, belts?

Do not worry your style fairy godmother is close at hand, but first let's decide what we are aiming for.

As they say, you don't get a second chance to make a first impression – so let's make every first impression **FABULOUS**.

If you look and feel good, and someone tells you that you look great – you will feel **FANTASTIC**.

Why not use your image to give yourself an advantage at work or play and ooze **CONFIDENCE**.

These are some things that we can focus on;

1. Colour – colour can make an immediate change and hence impact.

Colour blocking is the way to wear colour this winter, i.e. bold contrasts.

2. Clothes to compliment your style – are you chic, relaxed, classic, colourful, elegant or

sporty? Whatever your style - flaunt it!

4. Fit – it doesn't matter what the label says – it's the fit. So see how it FEELS. And remember you can always get things altered so they fit YOU perfectly.

5. Suitability – wear what is correct for the time of day/ evening, the weather, the occasion e.g. an interview, ball, dinner, wedding etc. You can always ask what the dress code is to be sure you are making the right choices.

6. Accessories – this is how you can achieve an up to date look.

In for 2009 are big statement necklaces, decorative bags, oversized earrings and high shoes – take your pick.

Impossible, you think, to combine all this with a hectic lifestyle?

Not at all!

Why not take me up on my Style Me Confident 2009 Style Challenge? I'm game if you are!



### The Challenge!

Challenge me to create three up-to-the-minute outfits from your existing wardrobe, without having to buy anything new - apart from maybe an accessory (belt/ necklace/scarf), in 1 hour for £30.

Learn how to dress for YOU and make the most of your best points – and play down any aspects you're not so keen on.

Call me now 01903 538774 and we'll set a date for the challenge.

I look forward to hearing from you ladies!

[www.stylemeconfident.co.uk](http://www.stylemeconfident.co.uk)