

Styling Sussex

Is it possible for Mums and Daughters to approve of each others' clothes ?...



Gay with daughters Jess (left) and Paris (right)

Calling all Mothers and Daughters! Now that you have all sorted your wardrobes ready for the winter (Sussex Local – September Issue – *Clear out that Clutter*) how about having a styling session together?

Recently I have styled several mothers and daughters together and the sessions have not only been informative and great fun but also an opportunity to spend quality time together and enjoy shopping with each other in the future. I asked some of them about their style experience together and how it has benefited them.

Why did you decide to have the colour & style makeover together?

“My daughter and I are both working in media/promotion and wanted to know more about what suited us as we need to look good. We had been meaning to get our colours done for ages” Jackie – Mum & Executive Coach, Lancing

“I’d spent many years feeling unhappy about my choice



Mum Jackie & Daughter Petra

of clothes and not knowing how to change. My daughter was quite critical about my clothes, and I thought that she needed some advice for the professional role she was about to take on. We decided that it would be great if we could work together on all of this.” Eileen – Mum & teacher, Emsworth

How did the session go?

“I can’t believe how much we covered on that Saturday morning! Gay managed to attend to both me and my daughter even though we are completely different ages, sizes, and shapes

and have different skin tones. We had a phone conversation before the session when Gay asked us details about height, colours, size etc. I was blown away when Gay arrived with clothes which might suit us and we were invited to try them on. She'd picked out things which I would not have chosen in a million years and they worked perfectly.” Eileen

How did you feel afterwards?

“Really great - we were buzzing and our feet have not touched the ground since. We take our swatches with us everywhere. We have been far more adventurous with our colours and are really enjoying buying things that are our "hot colours!" Jackie & Petra – daughter – media production manager

“The advice on different shapes really opened our eyes. My daughter has appeared more confident, perhaps even a little more resilient, and ready to face the working world. I wish I'd had this sort of help a few decades ago when I started work”. Eileen

“After working with Gay we were able to understand each other's mind sets really well. I was really impressed that Gay managed to turn up with items of clothing that I liked and yet my mum also deemed appropriate and also managed to find styles of clothing that my Mum was happy to buy and wear, that got my official ok stamp” Bernie - daughter of Eileen, trainee Financial Analyst.

“It has opened our eyes to be more selective and look more

carefully, so we have saved lots of money and now have some great key pieces” Petra – daughter.

What would you say to other Mum's and daughters considering doing this?

“It is a great fun way to spend a day together and really creates an extra special sparkle in your relationship”, Jackie

“Go for it! It may seem expensive at first but Gay does her prep for each individual before the session and covers a lot of ground in the session. We have found that we don't make poor purchases or waste time dragging round the shops anymore as we have a keener understanding of what we're looking for now. So, great value for money - and a huge amount of fun! People talk about retail therapy as a bit of a joke for relieving stress; I think the opportunity to spend quality time with my daughter is indeed good for our wellbeing” Eileen

“...it is a great opportunity for you to learn about each other's styles and tastes and to work out what each of you wants from clothes away from the heat and the pressure of a shopping centre” Bernie

I think that says it all – a big thank you to all the Mums and daughters that took the time to speak to me about their experience.

I come to your home and can do Saturdays, which makes it very convenient if either one of you is working.

Please contact me for details and available dates – Gay Richardson 01903 538774 www.stylemeconfident.co.uk