



True Style Journey with Leesa Whisker

Course & Module Overview

The True Style Journey is a transformational journey of self-discovery, self-confidence and style empowerment. The Journey distills my 20 years experience as an expert in personal style and transformation to bring your personal style into alignment for the woman you are now and the difference you're here to make. Over 12 weeks I'll guide you through my proven transformational style process. The same process my high level 1-2-1 clients experience to realise their true self and style and leverage the power of True Style to make the difference they're here to make. You'll receive over £3500.00 worth of expert guidance plus live weekly calls, video tutorials and practical assignments, access to the private FB group and my personal sustainable shopping source book. The maximum group size is 10 and everyone receives personal advice and recommendations.

Module 1 - Colour Confidence

Discover how colour works, why it's so important and how to analyse your own colouring. I'll make sure you get it right. Download your digital colour palette and explore your personal colour profile in depth with lots of visual inspiration. Learn how to choose the best colours for hair and makeup, glasses, jewellery, accessories and clothing. How to create different looks using colour alone and how to use your colour palette to build a versatile capsule wardrobe. You'll discover the psychology behind your colour choices, explore your sense of identity, loosen attachments to fixed identity thinking, quiet the inner critic and begin a simple but powerful daily practice to see yourself with kind eyes.

Module 2 - Body Confidence

You'll take a loving look at the body you're in and learn how to rock what you've got. Learn about fabric, cut, scale and proportions and how to easily identify your best styles for your body and face shape. We look at how the notion of the 'ideal body' continually changes over time and across cultures and how we can feel good about the bodies we're in and support one another to see and celebrate our unique natural beauty. The module completes with detailed personal style guidelines and an opportunity to test your knowledge.

Module 3 - Style Confidence

True style comes from within. You'll go beyond what physically flatters to identify what's rising in you as a woman and how to align external with internal, to express more of who you are and feel confident in any situation. You'll create and interpret your own true style vision board, gather style inspiration for looks which resonate with AND flatter you. This is where the magic starts to happen. Aligning your image in this highly conscious way, can have an immediate and powerful effect in many areas of your life.



Module 4 - Wardrobe Confidence

You'll put the theory into practise, letting go of what no longer serves you and creating space in your wardrobe (and life) for the new you to emerge. You'll learn how to create a capsule wardrobe plan, allocate your budget and start to experience real transformation.

Module 5 - Shopping Confidence

You start turning your plan into reality, sourcing items online or in-store, sharing your finds in the group and getting feedback to make this 'new you' a very tangible reality. You'll receive my extensive personal Source Book for sustainable style you can feel good about wearing. There is no need to buy a whole new wardrobe, just make a start on your highest priority items that will make the biggest difference. Enjoy the process and take your time. You'll have the option to upgrade shopping if you'd like me to personally source & style items for you.

Module 6 - Styling Confidence

In your final module you'll learn how to style like a pro. With an emphasis on playful curiosity, you'll create new outfits from new and existing items, learn how to work with contrast and accessorise outfits. We have a lot of fun in this module, celebrating one another, your new knowledge and the journey we've taken together before closing our circle with clear goals for your continued style confidence.
