

Dress for Success in the Work- Place

A 90-minute professional styling workshop
for business groups and organisations, taught
by Image Consultant, **Caroline Ryan**.



**Suitable for men and women*

DRESS FOR SUCCESS WORKSHOP ITINERARY

1. Introduction

A discussion on the importance of personal appearance, plus the science behind 'first impressions'

2. Style Basics

What are the principles of 'good style', and how can these be translated into your work attire?

3. Dress Codes for Men and Women

A comprehensive breakdown of what is and isn't suitable workplace attire

5. Tailor's Tips

Professional tailors' techniques for achieving a comfortable and flattering fit

6. Capsule Wardrobe

Recommended items that everyone should have in their work wardrobe

7. Wardrobe Management

Guidelines on how to clean, iron, maintain and store your work attire

8. Shopping Tips

Practical advice for shopping, including: planning, store navigation, product selection, getting the best value for money and your consumer rights

9. Grooming Guidelines

An emphasis on the importance of good grooming in achieving a polished professional appearance

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WHAT TO EXPECT

Informative & engaging workshop

Tailored to the demographics of the group

Practical and relevant advice

Proven teaching methods

Demonstrations and samples

Supporting tools (handouts for all)

SCHEDULE

A typical presentation runs for 75 minutes, with additional time afterwards for questions and one-to-one discussion. (This can be adjusted to suit your precise requirements.)

LOGISTICS

Venue: The venue is usually arranged by the client. Caroline will liaise directly with you and/or the venue's Events Manager as required.

Audiovisual equipment: Projector, screen, microphone and amplifier can be provided by Caroline, if not already available at the venue.

Set-up & clear-out time: 30 minutes each.

AVAILABILITY

Bookings are available on selected weekdays and evenings.

FEE & PAYMENT

The fee for a 90-minute workshop is €250. Additional travel fee may apply. An invoice will be issued upon completion of the workshop. Payment within 7 days.

ABOUT CAROLINE

Caroline Ryan is an Image Consultant whose goal is to help people gain confidence by developing their personal image. Since qualifying in 2007, Caroline has worked with many clients, including: individuals, companies, business and social groups, universities, government agencies, multinationals and charities. As well as being an experienced Style-Coach®, Caroline has worked for many years as a marketing professional, specialising in the fields of business marketing, brand management, public relations, customer care and service quality.