

Your Wardrobe, Reimagined.

Fewer pieces, more outfits — a wardrobe that feels like you, right now.

WHY YOU BOOKED THIS CONSULT

Wardrobe feels like the past

Many sizes and past versions of you — hard to get dressed from.

Decision fatigue

Too many pieces, too many sizes. "What if I need it later?" thinking.

Wanting intention

A cohesive wardrobe — not a random collection of purchases.

Guiding principles

Clarity to make confident, independent choices when shopping.

Lifestyle

- Work from home 3 days/week; office 2 days/week.
- Weekends mostly casual — home, errands, social.
- Goal: outfits that transition home → office → lunch.
- Two main categories: polished work, flexible everyday.

What's Already Working — Keep These

- Cropped red knit — great for waist definition
- High-rise mid-wash "mum" jeans, ankle-length
- Square neckline tops — flattering upper body
- Chambray/soft shirts — easy and polishable
- Waffle & tactile knits — texture over loud prints

YOUR STYLE WORDS



Comfortable

The foundation — everything else builds on feeling at ease in what you wear.



Confident

Outfits you reach for easily, that feel balanced and put-together without effort.



Feminine

Soft shapes, interesting necklines, defined waist — elegant rather than fussy.



Creative

Expressed through colour, texture, pattern and interesting details — not loud logos.



Relaxed & Modern

Unfussy, contemporary. Minimal in structure but not minimal in personality.

Colour Direction — Soft Summer

- Soft Summer — cool-neutral, muted, lower contrast.
- Muted blues, sage, dusty teal, berry, soft navy.
- Black near face can look harsh — use navy instead.
- Cool-toned blue and red confirmed as great on you.

No wardrobe overhaul needed — just five focused moves to reset how your wardrobe feels.

1

Set Up a Donate/Sell Box — Today

Quick win — start the momentum

HOW TO DO IT

- Find a box or bag and put it somewhere visible right now.
- Drop in anything obviously wrong size, worn out, or genuinely disliked.
- Don't overthink it — easy nos only at this stage.
- Book a charity pickup or drop-off within the next 2 weeks.

WHY IT MATTERS

Starting the physical act of removing things shifts your mindset from "keeping" to "curating." The box being visible makes it easy to add to.

2

Build Your 10-Piece Try-On Shortlist

The pieces you're unsure about

HOW TO DO IT

- Pull out 10 items you're genuinely uncertain about — not obvious nos.
- Try them on properly with good lighting and a full-length mirror.
- Take a photo of each one. Send them through for guidance.
- Ask: "Would I buy this today if I saw it in a shop?"

WHY IT MATTERS

Deciding from the hanger is unreliable. Wearing the piece — with your real body, in real light — gives you honest information fast.

3

Create Your Fluctuation Capsule

Replace "multiple wardrobes" with 5–8 flexible pieces

HOW TO DO IT

- Identify elastic/drawstring waist trousers, wrap or tie-waist dresses.
- Keep stretch denim (2–3% elastane), relaxed blazers, knit dresses.
- These 5–8 pieces cover natural size fluctuation without keeping everything.
- Let go of rigid-waist, non-stretch pieces that only work at one exact size.

WHY IT MATTERS

A small fluctuation capsule frees you from keeping two wardrobes. Forgiving silhouettes do the work — you don't need 30 backup pieces.

4

Identify Your Outfit Formulas

Simple repeatable combinations that always work

HOW TO DO IT

- Formula 1 (Office): Jeans + blazer/structured jacket + square-neck top + shoes.
- Formula 2 (Everyday): Knit/chambray + high-rise jeans + flat or low heel.
- Formula 3 (Elevated casual): Wrap/A-line dress + cardigan + simple jewellery.
- Write them on your phone — refer back when getting dressed feels hard.

WHY IT MATTERS

Outfit formulas remove daily decisions. Once you've identified 2–3 that always work, you stop reinventing from scratch every morning.

5

Shop Small — Fill Genuine Gaps Only

3–6 high-impact pieces maximum

HOW TO DO IT

- List what's actually missing after the edit — not what you want, what's missing.
- Prioritise pieces that work with your existing winners (jeans, chambray, knits).
- Use My Colours / My Best Colours app to check undertone in store lighting.
- Stick to: muted blues, sage, dusty teal, berry, soft navy, cool-toned red.

WHY IT MATTERS

Shopping before editing leads to more clutter. Editing first reveals genuine gaps — and 3–6 right pieces do more than 20 uncertain ones.

YOUR COLOUR PALETTE

Cait Duncan · Style Consultant

Soft Summer — cool-neutral, muted & harmonious

Colours with a cool-neutral undertone and softened intensity — they brighten without overpowering.

YOUR NEUTRALS — WEAR AS THE BASE OF EVERY OUTFIT



YOUR ACCENT COLOURS — CONFIRMED TO WORK, ONE NEAR YOUR FACE LIFTS EVERYTHING



HOW TO USE YOUR PALETTE

Build on cool neutrals

Start every outfit with soft white, cool grey, blue-grey or soft navy. These are your workhorses.

Use navy instead of black

Black can bring out facial redness and read harsh near your face. Navy gives you the same versatility, more harmoniously.

Blue is your power colour

Confirmed — you get compliments in blue. Lean into it. Muted blues in tops, layering pieces, even jeans.

Your cool-toned red works

A blue-based red (not warm/orange-red) is confirmed flattering. One strong piece that always gets compliments.

Texture = creativity

Your "creative" word shows up through waffle knits, chambray, interesting fabric — not bold prints.

Approach pale pastels carefully

Very pale/washed-out pinks can look dull near your face. Keep them away from the face or balance with contrast.

SPRING CAPSULE WARDROBE — SOFT SUMMER & PETITE FLATTERING

SPRING CAPSULE WARDROBE – SOFT SUMMER

Smart casual • Office appropriate • Weekend ready • Petite flattering

1. SOFT & POLISHED
Blouse + Straight Leg
Trousers

2. MODERN CASUAL
Knit + Cropped Wide Leg
Pants

3. ELEVATED BASICS
Tee + Blazer +
Straight Jeans

4. FEMININE & FRESH
Shirt + Midi Skirt

5. RELAXED WEEKEND
Knit + Slim Jeans

6. SOFT TAILORING
Top + Wide Leg
Trousers + Blazer

7. EASY EVERYDAY
Peplum Top + Slim
Ankle Pants



SOFT SUMMER COLOUR PALETTE



PETITE FLATTERING STYLE NOTES

- High waists to define and elongate
- Tucked tops and half-tucks
- Straight or slightly wide leg pants
- Cropped jackets & blazers
- V-necks, open collars & vertical lines
- Anklebone grazing lengths

SMART CASUAL ESSENTIALS

- Lightweight knitwear
- Button up shirts
- Fitted blazer
- Straight & wide leg trousers
- Midi skirt
- Quality denim
- Comfortable loafers & sneakers

Spring capsule — 7 outfits, Soft Summer colours, petite flattering shapes

For a petite pear shape, proportion is everything — these choices create balance without restricting your style.

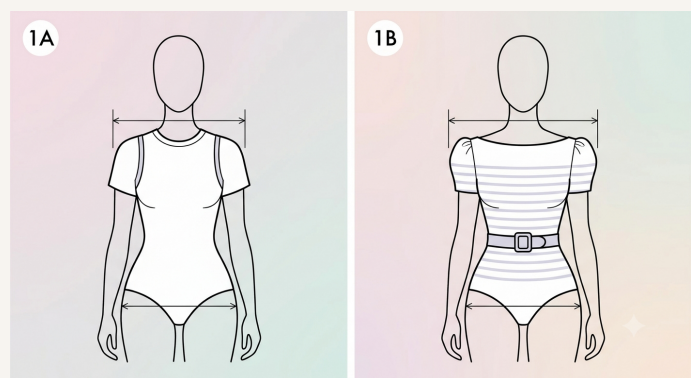


Diagram 1: Establishing the Silhouette (Shoulder to Waist)



Diagram 3: Total Silhouette Mastery (The Rule of Thirds)



Diagram 2: The Art of the Bottom Half (Elongation vs. Volume)

PANT SILHOUETTES THAT WORK

High-Rise Slim Straight

Your existing winner. Keeps the line clean and petite-friendly. Always pair with a cropped or tucked top.

Kick Flare / Bootcut

Slight flare from knee. Balances hip width, adds a feminine line. Try before buying more tops.

Wide Leg (use carefully)

Can overwhelm a petite frame. If you love it: cropped length, fitted top, small heel.

NECKLINES THAT FLATTER

Square Neck: Your confirmed favourite — broadens shoulders, feminine and balanced.

Boat Neck: Widens the upper body, clean and polished. Great with structured tops.

Wide Scoop: Soft and feminine. Avoid very narrow scoops — they don't add width.

Cowl / Draped: Relaxed, creative, softly feminine. Works beautifully with your style words.

Split Neck: Soft V effect. More interest than a crew, less formal than a deep V.

Your wardrobe should feel like you — right now, not a past or future version.
— your consultation takeaway

WHAT SUCCESS LOOKS LIKE IN 2–3 WEEKS

You'll know it's working when:

- ◆ Getting dressed feels easier — less paralysis
- ◆ Most pieces in your wardrobe fit well right now
- ◆ You have a donate box ready (or already gone)
- ◆ Your fluctuation capsule replaces "multiple wardrobes"
- ◆ You can name 2–3 outfit formulas that always work
- ◆ Shopping feels intentional, not reactive

These are guides, not rules. The goal is clarity and confidence — a wardrobe that reflects who you are now, and makes you feel great every day.