



# UNIQUE STYLE

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Contact Chrissy to purchase your copy of her new book "Shop like a Style Expert"

- Q. What does a personal stylist do exactly?**
- A.** Help people discover their personal style, how they would really like to dress; rather than being a slave to fashion, wearing the latest or what their friends and peers are wearing and following others. Knowing what suits them and why this is liberating and being true to themselves.
- Q. What are typically some of the questions a client would ask?**
- A.** What colours do I best suit? Because I go into a shop wanting to buy colour, but I get confused, as I am not confident with choosing, so I buy black, because it is easy.  
 What styles suit my shape? How can I look slimmer? How much money do I need to go shopping?
- Q. Do you cater for all sorts of body/fashion issues and what to wear to avoid this? e.g. 'love handles', 'no waist', 'big waist'...**
- A.** I would rather focus on peoples basic body shape and asset areas for them to develop a sense of knowingness and appreciation about how to utilize them; with an objective to balance their body height and proportion overall.
- Q. A person's image is a very personal reflection of themselves this must be very satisfying and rewarding for you, when you can help them to choose clothes that really do reflect who they are.**
- A.** Yes, I really get a buzz out of helping others. When their eyes light up when they see themselves in the mirror, they smile, sashay around, and know they look fabulous, they feel wonderful - I then know I have done my job well.
- Q. What are some of the reasons that someone might like to engage you as their personal stylist?**
- A.** People will say to me that they are tired of buying clothes that sit in their wardrobe, not being worn; they do not even know why they bought them in the first place, and want to become more confident about buying right first time. Some hate shopping because they do not know what to buy. Buying for special occasions like weddings – mother of the

- bride or bridegroom.  
 Packing for overseas trips.  
 Interviews for a job or would like to look more professional – dressing for success. Their wardrobe is bulging but nothing to wear!
- Q. How can a personal stylist simplify a person's wardrobe?**
- A.** I have a unique 4 principle shopping system that I have perfected, and once personalized for each person I use this to audit their wardrobe. Having sorted the wardrobe we look at the core wardrobe plan that will work for their lifestyle and decide what their shopping priorities will be.
- Q. Do you work with people of all shapes and sizes? How do you decide what works for the client?**
- A.** Everyone is so different, and that is what excites me. To be able to show people how they can create their own unique style is fun and very rewarding. I look at the hair, eye and skin colour to ascertain what colours are going to be complimentary, show them how their personality will influence what their dressing style will be, what are the elements to create it, and their body shape and proportion will decide on what styles will flatter them. My book 'How to shop like a style expert' shows these principles in a workbook form, and once personalized they use this system to shop with.
- Q. What got you into this line of work?**
- A.** I have always had a love of colour, fabric and design and was taught how to sew my own and children's clothes by my mother who was a tailoress. I was fortunate to be able to job-share managing a fashion store when my children went to school where my love of helping people choose their clothes really showed me my expertise, and I wanted to know more; and that is when I knew had to train to get more knowledge. Now after 27 years I am training others who wish to make this their career.
- Q. What is the most rewarding aspect of your job?**
- A.** Giving people knowledge so that they can make different choices. Embracing their uniqueness for them to really shine.

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