**La Dolce Vita Reimagined – programme plan**

**Month 1**

Finding yourself again –

**Week 1 and 2** - Life and mindset coaching – delving into

* Self-limiting beliefs
* Self-esteem and inner confidence
* Living authentically
* Body image exercises
* Body positivity exercises
* Mini action plans and a Roadmap for the future you
* 7 day confidence plan
* Inspirational daily reminders

**Week 3 and 4**

* Finding your style personality
* 5 day style challenge
* Mirror confidence
* Journalling
* “Talking scents”
* Wardrobe edit and planning
* Colour analysis

**Month 2**

**Week 1**

Body shape analysis

How to dress for your body shape

**Week 2**

How to dress for your body shape continued.

Finding your style

* Outfit formulas
* The golden ration
* Perfectly imperfect body dressing

**Week 3**

How to accessorize

How to tie and use scarves

**Week 4**

Using vision boards and lookbooks

Eyewear and Hair styles for your face-shape

**Month 3**

**Week 1**

Make-up colour advice

How to bring *La Bella Figura* into your life on a daily basis

Shopping plan/boutique advice

**Week 2/3**

Elements and principles of elevated style

* Colour schemes
* Contrast and harmony
* Rhythm & flow
* Prints & patterns
* Volume
* Symmetry
* Design lines
* Silhouettes

Putting it all together

* Daily outfit planner
* Wardrobe planner
* Daily habit planner

**Week 4**

This is the time we can go through anything you don’t feel happy with, although we will of course keep track along the way!