

# Adult Learning - Course Information Sheet



## SFGA05CZ - Colour, Style And Image Review

### The Four Pears

The Four Pears  
28 Bedford Road  
Little Houghton  
Northampton  
NN7 1AB

Start Date: 16 March 2019  
Start Time: 11:00  
Day: Saturday  
Weeks: 1  
Hours: 6  
Cost: F=£64.20; R=£64.20  
Tutor: Mrs Lesley Clarke

### Aims

To develop a greater sense of confidence in your own style and self-image through the clothes you wear.

### Outcomes

- Help identify your body shape and how best to dress it with maximum effect.
- Have an understanding about the effects of different colours and their impact.
- Define how to evaluate and review your wardrobe.
- Recognise how to shop more effectively.

### How

By PowerPoint presentation, discussion, demonstration and student centred learning

### Qualification

No

### Bring

To assess which colours suit you best you are required to be make-up free. You can bring make-up along to apply after this part of the course. If you have a particular garment of clothing that you would like advice on, please bring it along. Writing materials. Money to purchase swatches £30.

### Next Steps

Simple Makeup Techniques for Beginners.

### Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. For re-hydration please drink water only.

### Information

This course is a real treat. You will develop your understanding about what suits your body shape, proportions and colouring best so you can dress with confidence. Lunch is included.

**If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: [CommunityLearning@firstforwellbeing.co.uk](mailto:CommunityLearning@firstforwellbeing.co.uk) or call us on 01604 367 119.**

