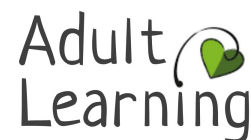


Adult Learning - Course Information Sheet



UTX4CN10 - Know How To Dress For Your Body Sha

The Four Pears

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

Room

Start Date: 30 May 2019
End Date: 30 May 2019
Start Time: 10:00
End Time: 13:00
Day: Thursday
Weeks: 1
Tutor: Mrs Lesley Clarke

Course Description

To help participants understand how best to dress for their body shape and proportions.

Course Outcomes

- Identify your body shape
- Recognise your best features and how to make the most of these
- Understand about balance, proportions and colour and how this can make a difference to your appearance

How will the course be taught?

Practical demonstration, use of PowerPoint, learner participation and group discussion.

What do I need to bring?

If you have a particular garment of clothing that you would like advice on, please bring it along. Writing materials should you wish to make notes. Tea and coffee are available to purchase at the venue.

Further Support or Progression

Style, Image and Colour. How to wear accessories (2016).

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 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.

Further Information

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

