



Color Snacks 1 women **"Look like a Million"**

Present yourself powerfully by dressing yourself with intent.



Introduction

Color is a strong communicator. The right colors help you communicate who you are, and project your skills.

- Be visually powerful. By following this class you learn how to use colors in your clothes with purpose.
- This class is specifically designed for women who are ambitious and want to present themselves powerfully.
- You will learn using smart tools that professional image consultants and personal stylists work with.
- Your class project is to create at least ONE outfit for a specific future occasion, whether it is for an interview, a presentation, or a networking event.

In this workbook you will find sheets, checklists and other helpful materials to get the most out of this class.

COLOR and your contrast - form

Find out your personal Contrast

Skin:	<input type="radio"/> light	<input type="radio"/> medium	<input type="radio"/> dark
Hair:	<input type="radio"/> light	<input type="radio"/> medium	<input type="radio"/> dark
Eyes:	<input type="radio"/> light	<input type="radio"/> medium	<input type="radio"/> dark

Outcome:

3x dark:

your coloring is dark, you have a low contrast

2x dark + 1x medium OR 2x medium + 1x dark

your coloring is dark, you have a medium contrast

2x medium + 1x light

your coloring is medium, you have a medium contrast

3x medium

your coloring is medium, you have a low contrast

2x light + 1x medium

your coloring is light, you have a medium contrast

3x light

your coloring is light you have a low contrast.

1x light + 1x medium + 1x dark

your coloring is rich in contrast, you have a medium and high contrast

2x dark + 1x light OR 2x light+ 1x dark

your coloring is rich in contrast, you have a high contrast.

Your personal contrast level

Light:

The coloring in your skin, hair and eyes is quite light. Your best color combinations consist of combinations of light and medium colors. Your best solid colors (for example, a coat) are also light to medium.

Medium:

The coloring in your skin, hair and eyes is medium. Your best color combinations are made up of medium colors combined with bright colors, or medium colors combined with dark colors. Your best solid colors (for example, a coat) are also medium.

Dark:

Your best color combinations consist of colors that do not really contrast with each other, but with your skin. Dark colors combined with bright bold colors are a good choice. Your best solid colors are dark, light or bright. However, by going all dressed in black, you make yourself less visible.

Contrasting:

You have both light and dark colors in your skin, hair and eyes . Your best color combinations are made up of light and dark colors that are worn together with a bright accent color. Your best solid colors are dark or bright.

Color and your Self Expression



I am:

Modest

Commanding attention

Businesslike

Reserved

Dominant

Understated

Confident

Serious

Caring

Amicable

Quiet

Lively

Sociable

Humorous

Friendly

Traditional

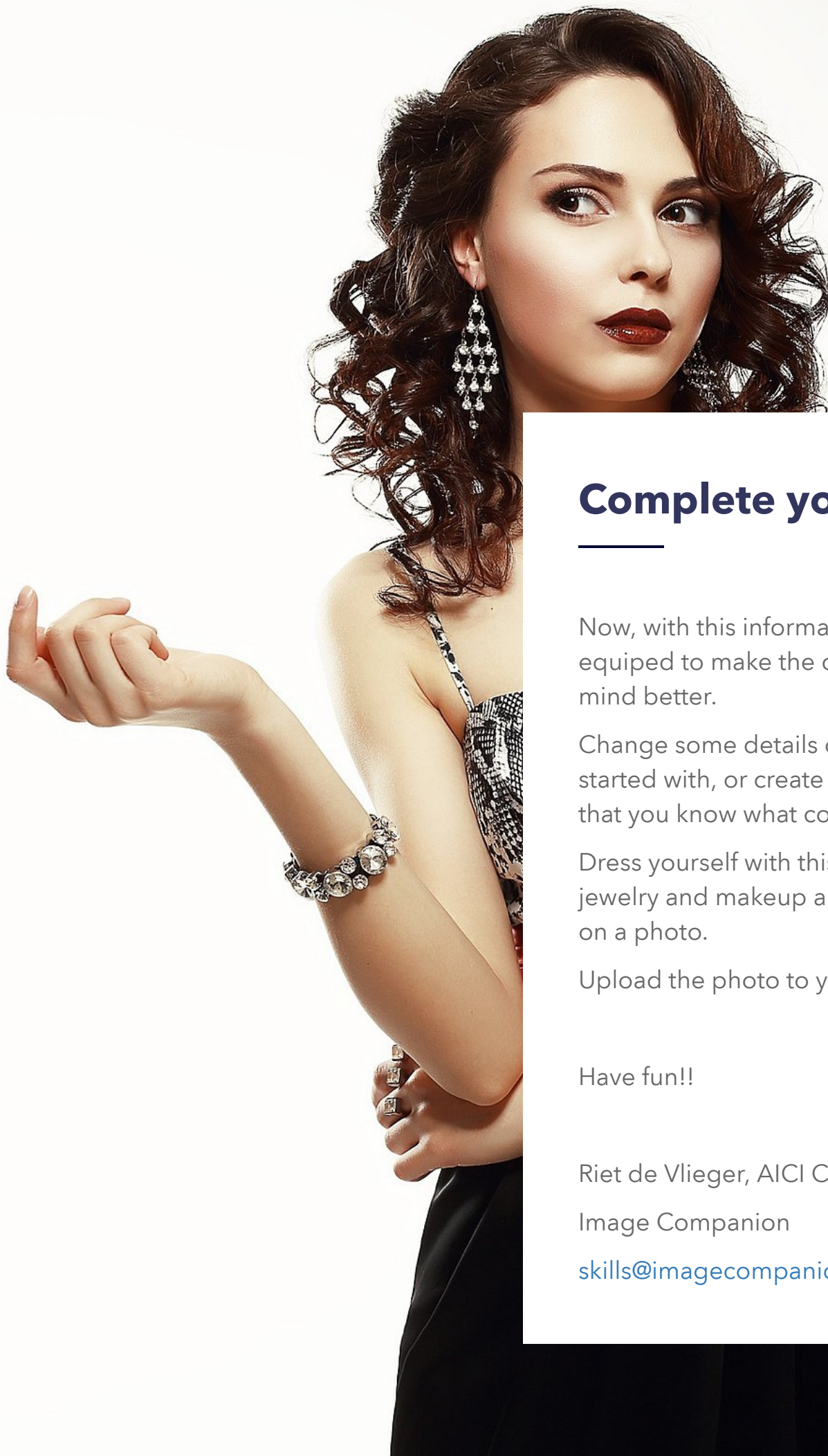


Complete the checklist below.

- ☐ I have mostly blue words- my role is blue, and I have a lot of "blue" clothing.
- ☐ I have mostly green words- my role is also green, and I have a lot of "green" clothing.
- ☐ I have blue words, but my role is green
- ☐ I have more green words, but my role is blue
- ☐ I have mostly green words, but I have "blue" clothing
- ☐ I have more blue words, but I have "green" clothing

Color Communicates

Color	Image	Color	Image
Navy blue	convincing credible authority	pink	romantic soft feminine
black	power formal elegant	blue	calm credible respectful
white	confident innocent pure	teal and aqua	creative serene vital
gray	refined classic sober	gold	rich luxury high quality
brown	informal stable friendly	red	active competitive striking
beige / taupe	natural neutral distinguished	Purple / violet	sensitive dignified mysterious
yellow	cheerful optimistic creative	magenta	passionate dramatically striking
orange	enthusiastic vitality youthful	green	friendly harmonious peaceful



Complete your project

Now, with this information you are equipped to make the outfit you had in mind better.

Change some details of the outfit you started with, or create a new one, now that you know what counts.

Dress yourself with this outfit, add jewelry and makeup and get yourself on a photo.

Upload the photo to your class project.

Have fun!!

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