

*Take Your Style*  
FROM DRAB TO FAB  
WITHOUT THE STRUGGLE

[www.insideoutstyleblog.com](http://www.insideoutstyleblog.com)



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Imogen Lampport's encyclopaedia of colour and style

# inside out style

uncover your style, unleash your confidence



Take Your Style from Drab to Fab Without the Struggle

Imogen Lampport 2024

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## STAY IN TOUCH



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For colour analysis and image consultations: [www.bespokeimage.com.au](http://www.bespokeimage.com.au)

For personal stylist and personal colour analysis training courses and resources [www.aopi.com.au](http://www.aopi.com.au)

For style and colour tips [www.insideoutstyleblog.com](http://www.insideoutstyleblog.com)

*Welcome!*

My passion is to help you define and refine your personal style so that you can get up, get dressed and out the door each day with confidence so that you can focus on what matters most to you in life.



Thanks for deciding to learn more about your style and how to improve it. I'm guessing that your wardrobe currently isn't in the state you'd love it to be in which is why you've decided to be here.

I'm here to help you figure out what works and why (to me the WHY is so important because fashions will always change so when you understand what really works for you then that puts you in the driver's seat and gives you the power to make the best choices for you. This will save you so much time, energy and money over your lifetime.

You can't ignore style as you have to get dressed every day. We all have to wear clothes, which are a silent form of communication. Understanding what your style is communicating can help you achieve what you want in life. You get to choose what your outfit says about you. I'm here to help you get the education in style that you never got at school so you can make the very best choices for you.

*Imogen Lampont*



# QUESTIONNAIRE

## *Worksheet*

How do you feel about your current style?

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What are your current style pitfalls?

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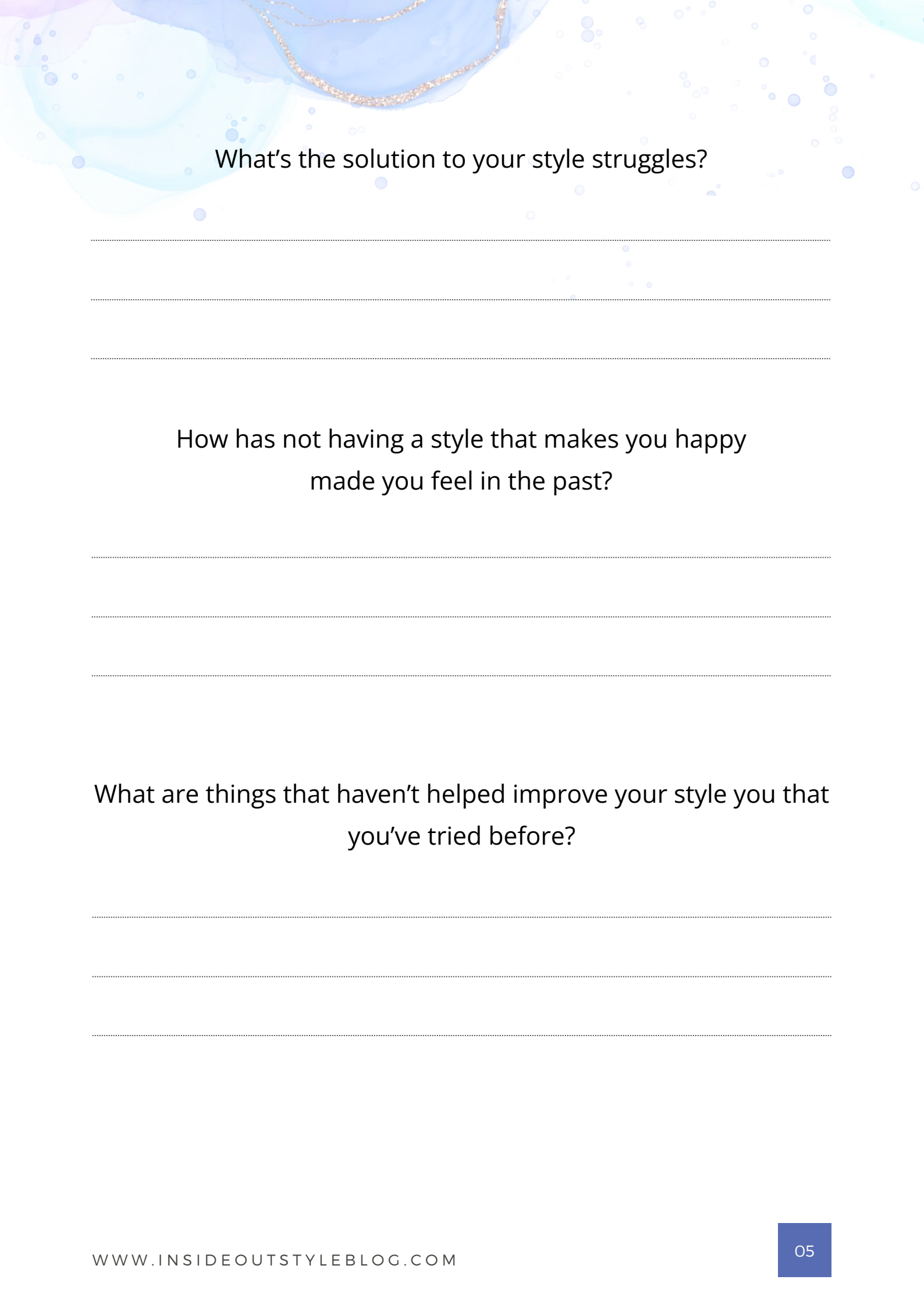
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What's the biggest style lie that is holding back your style?

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What's the solution to your style struggles?

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How has not having a style that makes you happy  
made you feel in the past?

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What are things that haven't helped improve your style you that  
you've tried before?

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HOW DOES YOUR  
*Current Wardrobe*  
MAKE YOU FEEL?

When did you buy those clothes?

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Do you still wear them?

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Do they work for your current lifestyle?

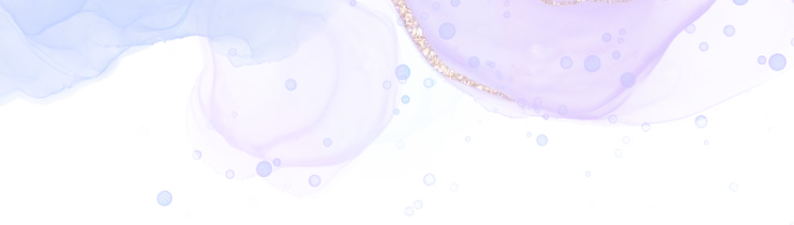
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Do they fit your current body?

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Do they harmonise with your current colouring?

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What's 1 thing you can do today that will help you get dressed in the morning?

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3 Things you need to know to become more stylish

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*What Body Shape*  
TELLS YOU ABOUT  
WHAT TO WEAR

Where to add ..... to balance or broaden.


Where to add ..... to elongate.

Where to add ..... and .....

Where to keep ..... and ..... of details.

Outfit .....





*What Body Shape*  
DOESN'T TELL YOU  
ABOUT WHAT TO WEAR

- 1 Length of garments
- 2 How to camouflage the bits that bother
- 3 How large or small the scale of details and accessories
- 4 The texture and sheen of fabrics
- 5 Style of prints and patterns

# Ask yourself

What are my physical needs?

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What does personality influence with regards to clothing choices?

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How much does the average woman spend on clothing and accessories each year?

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How much of that is not worn?

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## Discover Your Style Fundamentals

7 Steps to Style is the most comprehensive and educational online fashion program available anywhere and it includes everything you need to know about your colours, style, personality, values, wardrobing and shopping for clothes. It is ideal for you're sick of your style or just over wasting money on the wong clothes and really want to finally nail down your body and colouring particulars, discover your style values, learn how to build an effective and stylish wardrobe for your lifestyle and needs, plus get tips to shop like a professional. It includes my life-changing Evolve Your Style program as a bonus too!

7 Steps to Style is the next best thing to having me working with you in your wardrobe to help you understand all your colour and style fundamentals.

By the time you've completed this online fashion program you will have developed a personalised style guide that works for your unique body, colouring and personality.

[FIND OUT MORE NOW](#)

*Meet*  
**IMOGEN  
LAMPOR**



Imogen Lampport is an internationally certified, award-winning image consultant and image trainer whose passion is demystifying the science and art of style so that you can define your personal style and curate a wardrobe full of clothes you love to wear as they express your personality from the inside out.

Imogen Lampport is the founder of Bespoke Image. She has been training aspiring personal stylists since 2006 through her Academy of Professional Image and is an innovator in the image industry having created the 18 directional Absolute Colour System. She shares her extensive knowledge through speaking engagements and corporate workshops as well as working with private clients helping them discover and enhance their personal brands through colour and style consultations, wardrobe therapy, and personal shopping.

Her successful blog, *Inside Out Style*, offers valuable information and tips and attracts readers from around the world. As it has grown it has become an encyclopedia of colour and style.

It is her work with her clients that gives Imogen the most pleasure. She shares her considerable knowledge with everyone from stay-at-home moms to corporate executives through workshops, corporate events, media appearances, and colour consultations. Imogen wants to help you get dressed, get out the door, and get on with life.