

# BRITT NICOLE WARDROBE COACHING

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HELLO,

THANK YOU SO MUCH FOR YOUR INTEREST IN WARDROBE COACHING, I CANNOT WAIT TO BEING WORKING WITH SUCH A GREAT PERSON SUCH AS YOURSELF! BEFORE WE DIVE IN, I WANT TO TELL YOU TELL YOU A LITTLE ABOUT MYSELF, MY BACKGROUND, MY VISION AND WHO I AM AS A COACH.

I GREW UP AS AN ONLY CHILD IN KOKOMO, INDIANA PLAYING DRESS UP WITH FRIENDS AND FAMILY. AFTER HIGH-SCHOOL, I QUICKLY REALIZED MY LOVE FOR THE ARTS IN THE FORM OF THEATER, MUSIC, HAIRSTYLING AND, OF COURSE, FASHION. AFTER GETTING MY COSMETOLOGY LICENSE, I ENROLLED IN FASHION SCHOOL. A FEW SHORT YEARS LATER I MOVED TO HOUSTON, TEXAS WHERE I DECIDED TO GET MY LIFE COACHING CERTIFICATION. I QUICKLY KNEW WHAT I WANTED TO FOCUS MY CERTIFICATION TOWARDS: WARDROBE COACHING.

I IDENTIFY WARDROBE COACHING AS A PROCESS OF CO-CREATIVE LEARNING IN WHICH WE EXPLORE ONES UNIQUE VALUES AND FUTURE SELF IN ORDER TO MAKE CONFIDENT WARDROBE PURCHASES. TOGETHER, WE WILL: ASSES YOUR DESIRED STYLE, PURGE THE ITEMS THAT DO NOT FIT THIS STYLE, AND ADD NEW PIECES TO COMPLETE THE WARDROBE YOU DESIRE. CLOTHING IS MORE THAN MATERIAL WE SO BEAUTIFULLY DRAPE OUR BODIES WITH; THEY SPEAK FOR US IN A WAY WE OFTEN DO NOT REALIZE AND AT TIMES WE FILL OUR CLOSET WITH PIECES WITHOUT REALLY LOVING THEM.

AS A COACH, I BELIEVE IN ALLOWING MY CLIENT TO CHOOSE WHICHEVER PATH, DIRECTION OR ITEM OF CLOTHING THEY FEEL MOST RESONANT WITH AND MOST IMPORTANTLY, CONFIDENT IN. I AM A FIRM BELIEVER THAT YOU, THE CLIENT, ARE THE EXPERT AT YOURSELF AND WHAT BEST FEELS RIGHT ON YOU.

NEXT STEPS:

- I ASK THAT YOU RESPOND TO THIS EMAIL WITH A BRIEF DESCRIPTION OF THE FOLLOWING:
  - WHY YOU ARE SEEKING WARDROBE COACHING
  - YOUR LIFESTYLE
  - CURRENT STYLE & DESIRED STYLE.
- CREATE A PRIVATE PINTEREST BOARD THAT ONLY YOU AND I CAN VIEW. HERE IS WHERE YOU WILL COMBINE INSPIRATIONS FOR YOUR DESIRED STYLE.
- SCHEDULE YOUR DISCOVERY SESSION ON CALENDLY.COM

BELOW YOU WILL FIND A DETAILED DESCRIPTION OF LIFE COACHING AS WELL AS WARDROBE COACHING.

I LOOK FORWARD TO CO-CREATING A LIFE AND WARDROBE YOU DESIRE.

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BRITTANY U.

Brittany Ussery. Wardrobe Coaching. Revised July 2021

# BRITT NICOLE WARDROBE COACHING

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## LIFE COACH

LIFE COACHING IS A RELATIONSHIP BETWEEN THE INDIVIDUALS WITH THE SOUL INTENTION TO WALK SIDE BY SIDE THROUGH WHATEVER OBSTACLE, CHALLENGE, LIFE CHANGE AND/ OR HURDLE THE CLIENT(S) ARE STUCK AROUND. THINK OF IT AS A FRIEND TO WALK THROUGH THE MUD OF LIFE WITH YOU. COACHING IS A BEAUTIFUL AND POWERFULLY TRANSFORMATIVE TOOL IN CREATING THE DESIRED LIFE YOU DESIRE.

## WARDROBE COACHING

THE ALARM BLARES IN THE MORNING, THE SUN SHINES ON YOUR FACE- IT IS TIME TO START YOUR DAY. YOU SHOWER WHILE LISTENING TO YOUR FAVORITE SONGS, SINGING ALONG AS IF YOU WROTE EVERY CHORD. YOU STEP INTO YOUR CLOSET TO GET DRESSED AND SUDDENLY THIS SENSE COMES OVER YOU AS IT DOES EVERY TIME YOU COME HERE. AND THEN WITH YOUR HANDS ON YOUR HIPS OR FOLDED, THE GOLDEN QUESTION: "WHAT AM I GOING TO WEAR TODAY?"

SHUFFLING THROUGH ALL THE FABRICS AND COLORS YOU MAY QUESTION YOURSELF "HOW DO I HAVE NOTHING TO WEAR WITH A CLOSET FULL OF CLOTHES?", "WHY DO I EVEN HAVE THIS STUFF?" OR "I NEED A NEW WARDROBE, I DON'T EVEN KNOW WHO OR WHY I BOUGHT THESE THING?!". YOU THROW ON YOUR 'GO-TO' LOOK AND SAY TO YOURSELF IN THE MIRROR "THIS WILL HAVE TO DO TODAY."

WHAT WOULD IT LOOK LIKE TO LOVE EVERY PIECE IN YOUR CLOSET? WHAT IF EVERYTHING IN YOUR CLOSET WAS YOUR 'GO TO' LOOK? WHAT IF YOU LOVED YOUR WARDROBE BECAUSE IT WAS HAND SELECTED BY YOU, THE PERSON WHO KNOWS YOU BEST?

WARDROBE COACHING IS INTENTIONALLY DESIGNED FOR INDIVIDUALS WHO FIND IT HARD TO FEEL INSPIRED AND NURTURED WHEN STEPPING INTO THEIR CLOSET EVERY MORNING. I BELIEVE YOUR CLOSET SHOULD BE A SPACE THAT IS COMPLIMENTARY TO YOU AND ELEVATES THE WAY YOU FEEL ABOUT YOUR UNIQUE SELF. THE INTENTION IS TO HELP INDIVIDUALS:

- UNDERSTAND YOUR UNIQUE STYLE
- LOVE & APPRECIATE YOUR BODY
- SHOP WITH INTENTIONALITY & CLARITY

TOGETHER, WE WILL EXPLORE AND UNDERSTAND THE CORE VALUES OF WHAT MAKES YOU...YOU! WE WILL EXPLORE WHO YOUR FUTURE SELF IS CALLING YOU TO BE IN THIS MOMENT IN TIME. AND TOGETHER, COLLABORATE IN MAKING YOUR WARDROBE NOT JUST INSPIRING, BUT A WARDROBE THAT IS DESIGNED FOR YOU, YOUR LIFE STYLE AND ALLOWS YOUR TRUE SELF TO SHINE IN EVERY PIECE.

MY HOPE IS THAT YOU COME AWAY FROM THIS EXPERIENCE WITH LOVE AND APPRECIATION FOR YOUR BODY, MIND AND WARDROBE. BECAUSE YOUR WARDROBE IS YOUR BEAUTIFUL CHOICE.

# BRITT NICOLE WARDROBE COACHING

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## THE FLOW

### ***DISCOVERY SESSION / 1 HOUR***

- HERE WE WILL ACCOMPLISH THE FOLLOWING:
  - ESTABLISH WHAT IS BEST FOR OUR COACHING RELATIONSHIP & YOUR OVERALL EXPERIENCE
  - ESTABLISH & UNDERSTAND WHERE YOU STRUGGLE WHEN IT COMES TO YOUR WARDROBE
  - EXPLORE CURRENT STYLE & DESIRED STYLE
  - REVIEW INSPIRATION BOARD (PINTEREST BOARD) TO UNDERSTAND DESIRED STYLE
  - BUDGET FOR SHOPPING EXPERIENCE

### ***THE FUTURE YOU: TALK SESSION / 45MINS***

- HERE I WILL GUIDE YOU THROUGH A FUTURE SELF VISUALIZATION! THAT'S ALL I WILL SAY!

### ***UNIQUE VALUES: TALK SESSION / 45 MINS***

- HERE WE WILL EXPLORE AND UNDERSTAND YOUR TOP VALUES AS TO WHAT MAKES YOU, YOU!

### ***TAKING BACK THE CLOSET: TOUCH SESSION / 3 HOURS***

- HERE WE WILL STEP INTO THE CLOSET TO GET A SENSE OF YOUR CURRENT STYLE AND TOGETHER WE WILL MAKE EDITS AS NEEDED. NO PREP IS NEEDED FOR THIS EXPERIENCE.

### ***ADDING NEW FRIENDS: TOUCH SESSION / 3 HOURS***

- NOW WE SHOP! COLLABORATING WITH YOUR PINTEREST BOARD, WE WILL BEGIN TO ADD NEW PIECES (FRIENDS) TO YOUR WARDROBE THAT SUITE YOUR DESIRED STYLE.

### ***MORE 'GO TO' LOOKS: TOUCH & TALK SESSION/ 1 HOUR***

- HERE WE WILL COMBINE THE ADDED PIECES AND EXPLORE YOUR NEW DESIRED STYLE. MAYBE A MINI FASHION SHOW OR SMALL INSTAGRAM WORTHY PHOTOSHOOT TO SHOW OFF?! THIS ALSO SERVES AS THE COMPLETION SESSION.

## **SESSION MATERIALS**

- DISCOVERY QUESTIONS : INCLUDED WITH CONTRACT
- ASSESSMENT WHEEL OR PERMA+ WHEEL: INCLUDED WITH CONTRACT
- FUTURE SELF GUIDED VISUAL: SESSION 2
- VALUE MINING/ VALUE SORT CARDS: SESSION 3

# BRITT NICOLE WARDROBE COACHING

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## WARDROBE COACH CONTRACT

THIS AGREEMENT IS MADE BETWEEN

COACH, BRITTANY USSERY

AND

CLIENT \_\_\_\_\_

## COACHING SESSION

2 TIMES PER MONTH FOR 3 MONTHS.

TALK SESSIONS WILL BE 45 MINUTES IN DURATION.

TOUCH SESSION WILL BE (\*BUT NOT LIMITED TO) 3 HOURS IN DURATION.

TALK+TOUCH SESSIONS WILL BE 1 HOUR IN DURATION.

## AGREEMENT

YOU ARE HIRING ME AS A WARDROBE COACH BECAUSE YOU WANT TO MAKE A DIFFERENCE IN YOUR CLOSET. THERE IS SIGNIFICANT RESEARCH AND DOCUMENTATION THAT CONFIRMS SUITABLE CHANGE TAKES TIME. WITH THIS IN MIND, I AM ASKING FOR A THREE (3) MONTH COMMITMENT TO THE WARDROBE COACHING PROCESS. ALLOWING THIS TIME WILL PROVIDE SPACE FOR THE COACHING RELATIONSHIP TO DEVELOP A POWERFUL AND UNIQUE FOUNDATION EVEN WHEN THINGS GET CHALLENGING. TOGETHER, WE WILL COLLABORATE AS WE WORK THROUGH CHALLENGES WHILE MAKING A DIFFERENCE WITHIN YOUR INNER WORLD AND YOUR WARDROBE.

COACHING IS NOT ADVICE, THERAPY OR COUNSELING BUT MAY ADDRESS SPECIFIC PERSONAL INTERNAL AND EXTERNAL PROJECTS, BUSINESS SUCCESSES, WARDROBE PROJECTS, SELF-LOVE OR SELF-CARE CONDITIONS IN THE CLIENT'S LIFE AND/ OR PROFESSION.

AS YOUR COACH, I AM 100% COMMITTED TO JOINING WITH YOU TO REALIZING AND CREATING A LIFE, WARDROBE AND SPACE YOU DESIRE TO REACH YOUR FULLEST POTENTIAL OF EXCELLENCE. DURING THE THREE MONTH TIME FRAME, IF A CHANGE IS NEEDED TO OUR AGREEMENT, I REQUEST THAT WE LOOK AT THE ISSUES(S) AND TOGETHER, CREATE A MUTUAL RESOLUTION THAT HONORS YOU (THE CLIENT), THE COACH (BRITTANY USSERY), AND THE COACHING RELATIONSHIP.

AFTER THE AGREED UPON THREE (3) MONTHS, WE WILL REVISIT THE COACHING RELATIONSHIP AND GO FORWARD HOWEVER WE AGREE SEEMS BEST TO BOTH COACH AND CLIENT. I COMMIT TO GIVING YOU A 30

DAY NOTICE WHEN IT IS TIME TO END THE COACHING RELATIONSHIP; AND I REQUEST THE SAME FROM YOU.

I ALSO WANT YOU TO UNDERSTAND: YOU ARE AGREEING TO WORK WITH ME AS A PROFESSIONAL LIFE COACH & PROFESSIONAL WARDROBE COACH AT THE AGREED FEE. PROFESSIONAL COACHING IS DISTINCTLY DIFFERENT FROM COUNSELING, PSYCHOTHERAPY OR PSYCHOANALYSIS AND DOES NOT DEAL WITH THE DIAGNOSIS OR TREATMENT OF EMOTIONAL OR PSYCHOLOGICAL PROBLEMS. HEALTH INSURANCE DOES NOT APPLY SINCE PROFESSIONAL COACHING DOES NOT CONSTITUTE MEDICAL CONSULTATION OR TREATMENT. THESE FEES MAY BE CONSIDERED DEDUCTIBLE BUSINESS OR EDUCATIONAL EXPENSES. *(COACHING FEES ARE COMMONLY TAX DEDUCTIBLE AS EITHER A CONSULTING OR EDUCATION EXPENSE ON YOUR SCHEDULE C.)*

## TERMS

THIS AGREEMENT WILL BEGIN UPON ACCEPTANCE AND WILL INCLUDE A MINIMUM OF SIX SESSIONS. THE SESSIONS ARE CLASSIFIED INTO TALK & TOUCH SESSIONS AND ARE EXPLAINED IN DURATION OF TIME AS FOLLOWS:

- DISCOVERY SESSION 1 – TALK SESSION ( 1 HOUR)
- SESSION 2- TALK SESSION (45 MINS)
- SESSION 3- TALK SESSION (45 MINS)
- SESSION 4- TOUCH SESSION (3 HOURS)
- SESSION 5- TOUCH SESSION (3 HOURS)
- SESSION 6- TALK+TOUCH SESSION (1 HOUR)

YOUR CLIENT ENROLLMENT FEE OF \$\_\_\_\_\_ IS DUE 24HOURS PRIOR TO THE DATE OF YOUR DISCOVERY SESSION 1. YOUR TALK SESSION FEES ARE \$\_\_\_\_\_, TOUCH SESSION FEES ARE \$\_\_\_\_\_, TALK+TOUCH SESSION FEES ARE \$\_\_\_\_\_. ALL FEES ARE DUE 24HOURS PRIOR TO THE DATE OF EACH SESSION.

PAYMENTS CAN BE MADE BY ZELLE, VENMO, CASHAPP. PLEASE CONFIRM HANDLE NAME BEFORE SUBMITTING PAYMENTS. PAYMENT IN THE FORM OF CHECKS OR MONEY ORDER CAN BE MAILED TO

\_\_\_\_\_.

SERVICES TO BE PROVIDED BY THE COACH TO THE CLIENT CAN BE DONE VIA FACE-TO-FACE, PHONE, ONLINE VIDEO CONFERENCE OR A COMBINATION OF ALL AS DESIGNED TOGETHER WITH THE CLIENT. ALL SESSIONS WILL BEGIN AND END ON TIME. CHANGES IN THE FORM OF TIME SHOULD BE COMMUNICATED PRIOR TO THE SCHEDULED SESSION.

IN ADDITION TO SCHEDULED COACHING SESSIONS, YOU ARE ALSO AGREEING TO RECEIVE ENCOURAGEMENT, INSPIRATION, ACCOUNTABILITY, AND OTHER RESOURCES FROM ME VIA AN AGREED UPON FORM OF COMMUNICATION.

## TOUCH SESSION TERMS

THESE SESSIONS WILL TAKE PLACE EITHER IN THE HOME OR AGREED UPON SHOPPING LOCATION(S). I ASK THAT YOU SHOW UP ON TIME AND UNACCOMPANIED BY A PARTNER, SPOUSE, FRIEND OR CHILD.

YOU ARE AGREEING TO HIRE ME AS YOUR WARDROBE COACH WITH THE UNDERSTANDING OF YOUR UNIQUE VALUES AND FUTURE SELF; I ASK THAT YOU REFRAIN FROM ASKING FOR ADVICE OR VALIDATION FROM THE SALES STAFF AND OTHER SHOPPERS WHILE WE ARE IN A COACHING SESSION IN THE STORE.

TOUCH SESSIONS ARE SCHEDULED FOR THREE (3) HOURS. NEARING THE END OF THE AGREED UPON THREE (3) HOURS, WE WILL ASSESS IF EXTRA TIME IS NEEDED TO COMPLETE THIS STEP. IF EXTRA TIME IS NEEDED TO ACCOMPLISH THE GOAL WE WILL DO THE FOLLOWING:

- ASSESS WHAT IS LEFT TO ACCOMPLISH
- TOGETHER, SCHEDULE A DAY AND TIME TO COMPLETE THIS STEP

AN ADDITIONAL FEE OF \$\_\_\_\_\_ IS REQUIRED PER HOUR FOR EVERY ADDITIONAL HOUR ADDED TO COMPLETE THIS STEP.

## CONFIDENTIALITY

I UNDERSTAND THAT SOMETIMES THE INFORMATION THAT YOU SHARE MAY BE EXPLICITLY PERSONAL AND SPECIFIC. YOUR WILLINGNESS TO BE TRUTHFUL, OPEN AND HONEST WILL BE TREATED WITH THE UTMOST RESPECT. WHILE YOU ARE FREE TO SHARE WHATEVER YOU WOULD LIKE ABOUT YOUR SESSIONS WITH ANYONE OF YOUR CHOOSING, YOU HAVE MY WORD; ANY AND ALL INFORMATION SHARED WITH ME DURING OUR COACHING SESSIONS AND IN OUR COACHING RELATIONSHIP WILL REMAIN STRICTLY CONFIDENTIAL.

ALSO, I ASK THAT ALL SESSIONS IN THE HOME ARE RESPECTED WITH PRIVACY.

## COACHING RELATIONSHIP DYNAMIC

THROUGHOUT OUR WORKING RELATIONSHIP, WE WILL ENGAGE IN DIRECT AND PERSONAL CONVERSATIONS. YOU CAN COUNT ON ME TO BE HONEST AND STRAIGHTFORWARD IN ASKING QUESTIONS AND MAKING REQUESTS. I ALSO REQUEST THAT YOU UNDERSTAND THAT THE POWER OF THE COACHING RELATIONSHIP CAN BE GRANTED ONLY BY THE CLIENT, AND IN ENTERING INTO THIS WORKING RELATIONSHIP YOU AGREE TO DO JUST THAT: HAVE THE COACHING RELATIONSHIP BE POWERFUL. IF YOU BELIEVE THE COACHING IS NOT WORKING AS DESIRED, YOU AGREE TO COMMUNICATE THAT BELIEF AND TAKE ACTION TO RETURN THE POWER TO THE COACHING RELATIONSHIP.

## SCHEDULING TERMS

OUR INITIAL AGREEMENT INCLUDES TWO SESSIONS PER MONTH AT 45 MINUTES EACH FOR 3 MONTHS. IDEALLY, WE WILL "LOCK IN" A TIME THAT WORKS CONSISTENTLY FOR BOTH OF US FOR TALK SESSIONS. TOUCH SESSIONS WILL BE SCHEDULED ON DAYS WHERE THE MOST TIME IS ALLOWED AS THESE DAYS CALL FOR MORE TIME. IF YOU ARE ON VACATION, WE WILL SPEND MORE TIME BEFORE YOU LEAVE OR AFTER YOU RETURN.

IF I AM TRAVELING AND WE HAVE A SESSION, I WILL LET YOU KNOW IN ADVANCE AND WE WILL MAKE ANY NECESSARY ADJUSTMENTS TO OUR COACHING TIME OR DELIVERY SYSTEM.

IF YOU MUST CANCEL A SESSION, PLEASE TRY TO GIVE ME AT LEAST 48 HOURS NOTICE, AND WE WILL BE SURE TO RESCHEDULE DURING THE MONTH OR ADD EXTRA TIME ONTO THE SESSIONS WE ALREADY HAVE TO BE SURE YOU GET YOUR TWO SESSIONS A MONTH. IF YOU HAVE AN EMERGENCY, WE WILL WORK AROUND IT. HOWEVER, MISSING AN APPOINTMENT WITHOUT NOTICE IS CONSIDERED A PAID SESSION. RESCHEDULING AN APPOINTMENT IS EASY WITH ADVANCE NOTICE.

IF YOU A PROBLEM, DESIRE TO SHARE A SUCCESS WITH ME, NEED A QUICK WARDROBE TIP, QUESTION REGARDING A WARDROBE SITUATION OR NEED A QUICK HELP IN GROUNDING AROUND A SITUATION BETWEEN SESSIONS, I GLADLY HAVE TIME BETWEEN OUR REGULAR SESSIONS TO SPEAK WITH YOU. WHILE I DO NOT BILL FOR THIS ADDITIONAL TIME, I DO ASK THAT THIS DISCUSSION IS NO MORE THAN 10 MINUTES.

YOU ARE WELCOME TO CONTACT ME VIA EMAIL AS OFTEN AS YOU WOULD LIKE; I WILL RESPOND AT MY EARLIEST CONVENIENCE.

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CLIENT NAME

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DATE

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COACH NAME

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DATE

# BRITT NICOLE WARDROBE COACHING

## WHAT YOU GET FROM THE PACKAGE

THIS 3 MONTH WARDROBE COACHING AGREEMENT INCLUDES THE FOLLOWING:

- SIX (6) LIFE COACHING SESSIONS DESIGNED INTENTIONALLY AROUND YOUR WARDROBE TO CREATE A SPACE THAT IS COMPLIMENTARY TO YOU BASED ON YOUR UNIQUE VALUES, FUTURE SELF AND ELEVATES THE WAY YOU FEEL ABOUT YOUR UNIQUE SELF.
- CLOSET PURGING & HELPFUL ORGANIZATION TIPS
- CUSTOMIZABLE TAKE AWAYS
- SHOPPING TRIP(S) TO ADD NEW PIECES
- COLLABORATED STYLIST BASED SHOPPING EXPERIENCE TO HELP YOU CONTINUE YOUR WARDROBE JOURNEY AFTER WARDROBE COACHING

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\$925

## CHOICE OF PAYMENT

I WANT TO PAY ALL AT ONCE \_\_\_\_\_.

I WANT TO PAY IN \_\_\_\_\_ PAYMENTS OF \_\_\_\_\_.

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CLIENT NAME

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DATE

---

COACH NAME

---

DATE



# BRITT NICOLE WARDROBE COACHING

## CLIENT INFORMATION FORM

CLIENT NAME

ADDRESS

PHONE

E-MAIL

FAVORITE THING(S)

BIRTHDATE

START DATE

COMPLETION DATE

SESSION RATE

REFERRED BY

EMERGENCY CONTACT

BIG A AGENDA

THE HOW

TOP 5 VALUES

- 
- 
- 
- 
- 

CURRENT STATE/ DESIRED STATE

COLORS. MOODS. THEMES. SHAPES.

REFLECTION OF WHEEL

# BRITT NICOLE WARDROBE COACHING

## DISCOVERY SESSION

CLIENT NAME:

DATE & TIME:

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**EXPLAIN CLEARING:** CLEARING IS THE PRACTICE OF RELEASING ANYTHING THAT MAY BE HOLDING YOU BACK FROM BEING PRESENT IN SESSIONS. WE WILL INTENTIONALLY START EVERY SESSION BY CLEARING.

**DISCUSS ASSUMPTIONS & AGREEMENTS:** LARK'S SONG (MY CERTIFICATION PROGRAM) HAS BEAUTIFULLY CRAFTED WHAT THEY BELIEVE ABOUT PEOPLE. I FIND IT SO BEAUTIFUL AND INVITING TO BE APPLIED TO WARDROBE COACHING.

**DESIGN THE ALLIANCE:** WHAT DO YOU NEED FROM ME TO BE ABLE TO SHOW UP AUTHENTICALLY? (PILLOW, FAVORITE DRINK, COVER, SITTING POSITIONS)

### REFLECT OF THE WHEEL

- WHAT SURPRISED YOU MOST ABOUT YOUR WHEEL?
- WHAT CAN YOU DO TODAY TO MAKE A POSITIVE CHANGE IN THIS AREA?

### BIG A: WHAT IS DRAWING YOU TO WARDROBE COACHING?

- IF YOUR CLOSET COULD TALK, WHAT WOULD IT SAY ABOUT ITS CURRENT STATE?
- WHAT ARE 3 THINGS YOU LOVE ABOUT YOUR CURRENT WARDROBE? 3 THINGS YOU DISLIKE?
- WHAT COLORS DO YOU LOVE TO WEAR? WHAT COLORS DO YOU SHY AWAY FROM?
- AT THE END OF THESE SESSIONS, WHAT DO YOU WANT YOUR CLOSET TO LOOK LIKE?

### PINTEREST BOARD

- IDENTIFY THEMES, SHAPE, VIBE/ MOOD, COLORS, TRENDS.
- IF YOU COULD SNAP YOUR FINGERS AND HAVE 3 THINGS FROM YOUR BOARD INSTANTLY, WHICH ITEMS WOULD YOU CHOOSE?

**BUDGET:** WHAT IS THE BUDGET OF THE SHOPPING TRIP- THIS WILL HELP ME IN SOURCING STORES FOR THAT DAY.

**PLAN:** FUTURE SELF, VALUES, CLOSET DATE, SHOPPING DATE, COMPLETION. \*HERE IS WHERE WE WILL DISCUSS MY ROLE DURING THE SHOPPING EXPERIENCE. I AM SHOPPING WITH THE CLIENT, NOT FOR THE CLIENT\*

# BRITT NICOLE WARDROBE COACHING

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## CLOSET FLOW

### TALK. CLOSET.

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- 1. ESTABLISH BOUNDARIES: I RECOGNIZE THIS IS A VULNERABLE SPACE AND I THANK YOU FOR TRUSTING ME.**
  - WHAT IS IMPORTANT FOR ME KNOW ABOUT YOUR SPACE?
  - WHAT RULES ARE HERE IN YOUR HOME THAT ARE IMPORTANT FOR ME TO FOLLOW?
- 2. QUESTIONS TO SET INTENTIONALITY (WHILE SITTING IN THE CLOSET IF POSSIBLE)**
  - WHAT ENERGY/ MOOD IS IN THIS SPACE? WHAT ENERGY/ MOOD DO YOU DESIRE FOR THIS SPACE?
  - WHAT ARE 3 WORDS THAT DESCRIBE YOUR CURRENT STYLE? 3 WORDS THAT DESCRIBE YOUR DESIRED STYLE?
  - WHAT ARE YOU MOST LOOKING FORWARD TO ABOUT THIS EXPERIENCE?
- 3. RECAP & CHAMPION FUTURE SELF & VALUES TAKE-AWAY: WHAT DO YOU ALREADY KNOW TO BE TRUE?** (CLIENT WILL WRITE THESE DOWN AND POST IN A VISIBLE PLACE AS A REMINDER.)

### TOUCH. CLOSET.

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- 1. PULL EVERYTHING OUT:** ALL CLOTHING WILL GO IN ONE BIG PILE.
- 2. SORT INTO 3 CATEGORIES:** LOVE IT. HATE IT. UNDECIDED.
  - QUESTIONS FOR UNDECIDED ITEMS:
    - WHAT IS THE STRUGGLE WITH LETTING GO OF THIS PIECE?
    - WHAT WOULD NEED TO CHANGE ABOUT THIS PIECE TO MAKE IT ON THE 'LOVE IT' SIDE? IS THAT POSSIBLE?
    - WHAT WOULD IT LOOK LIKE TO REPLACE IT WITH A PIECE THAT BRINGS OUT YOUR "BADASS-NESS"?
- 3. PLACE 'LOVE IT' PIECES BACK IN CLOSET IN AN ORGANIZED FASHION.**
- 4. RECAP & ANALYZE EXPERIENCE**
  - HOW DOES YOUR CLOSET FEEL NOW?
  - WHAT PIECES NEED TO BE ADDED TO COMPLETE YOUR WARDROBE?
  - WHAT'S NEXT?
- 5. MAKE SHOPPING LIST: ESTABLISH WHAT ON THE LIST IS PRIORITY.**

# BRITT NICOLE WARDROBE COACHING

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## SHOPPING FLOW

### TALK. SHOPPING.

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**CLEAR & CHECK-IN:** IT IS IMPORTANT TO ME TO MAKE SURE MY CLIENT IS COMFORTABLE AND CARED FOR. \*I WILL HAVE A GROUNDING MEDIATION READY IF THIS WILL SERVE THE CLIENT.\*

#### RE-ESTABLISH SHOPPING GOALS & BUDGET:

- HAVE YOUR SHOPPING NEEDS CHANGED? HAS YOUR BUDGET CHANGED?
- WHAT ARE 3 PRIORITY PIECES AT THE TOP OF YOUR SHOPPING LIST?
- WHAT DO YOU MOST WANT TO TAKE AWAY FROM THIS EXPERIENCE?

**AGENDA:** THE AGENDA WILL BE FLEXIBLE BUT WILL HAVE ESTABLISHED BONES OF STRUCTURE AS FOLLOWS:

- SHOP : 1-2 STORES
- LUNCH/ CHECK-IN
- OPTIONAL:
  - CONTINUE SHOPPING
  - END EXPERIENCE AND WRAP UP WITH RECAP QUESTIONS
  - PLAN SECOND DAY SHOPPING \*DISCUSS DETAILS\*

### TOUCH. SHOPPING.

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#### SHOP ACCORDING TO PRIORITY NEEDS

- QUESTIONS FOR SHOPPING:
  - WHAT HERE FEELS LIKE YOU? WHAT HERE DOES NOT?
  - HOW WOULD YOUR FUTURE SELF WEAR THIS PIECE?
  - WHAT ARE YOU TALKING YOURSELF INTO BUYING?

#### COMPLETION QUESTIONS FOR SHOPPING EXPERIENCE:

- HOW WAS THIS SHOPPING EXPERIENCE DIFFERENT?
- HOW WILL YOU SHOP DIFFERENTLY?
- WHAT DID YOU LEARN ABOUT YOURSELF THROUGH THIS? HOW CAN YOU APPLY THIS GOING FORWARD?

# BRITT NICOLE WARDROBE COACHING

## WARDROBING DISCOVERY QUESTIONS

I FEEL HONORED THAT YOU TRUST ME TO COME INTO YOUR CLOSET TO CREATE THIS ONE OF A KIND STYLE WITH YOU! BEFORE WE GET STARTED WITH OUR COACHING RELATIONSHIP, PLEASE TAKE THE TIME TO ANSWER THE FOLLOWING QUESTIONS AND SEND ME YOUR RESPONSES AT LEAST 24-48 HOURS BEFORE OUR SCHEDULED DISCOVERY SESSION. DO NOT FEEL PRESSURED TO ANSWER ALL THE QUESTIONS, PICK THE ONES THAT FEEL MOST RESONANT FOR YOU IN THIS MOMENT IN TIME AND HONORS WHERE YOU ARE.

1. WHEN DO YOU FEEL MOST LIKE YOURSELF?
2. WHAT'S THE MOST COURAGEOUS OR BRAVE THING YOU COULD DO TODAY?
3. WHAT ARTICLE OF CLOTHING MAKES YOU FEEL MOST LIKE A BADASS?
4. AT THE END OF YOUR LIFE, WHAT DO YOU WANT TO BE KNOWN FOR?
5. WHAT DOES YOUR BEST DAY LOOK LIKE?
6. WHAT EMOTIONS DO YOU FEEL WHEN YOU STEP INTO YOUR CLOSET?
7. WHAT ACTIVITIES MAKE YOU LOSE ALL SENSE OF TIME?
8. AT THIS MOMENT IN TIME, HOW WOULD YOU DESCRIBE YOUR GENERAL STATE OF WELL-BEING, ENERGY AND SELF-CARE?
9. WHAT DO YOU WANT FROM OUR COACHING RELATIONSHIP?
10. WHAT COLORS ARE YOU DRAWN TO IN YOUR LIFE? WHAT COLORS ARE YOU DRAWN TO WEARING?
11. WHAT SONG MAKES YOU FEEL ON TOP OF THE WORLD?
12. WHAT STEPS COULD YOU TAKE IMMEDIATELY TO MAKE THE BIGGEST DIFFERENCE IN YOUR CURRENT SITUATION?
13. WHAT DO YOU ENJOY MOST ABOUT BUYING NEW CLOTHES? WHAT DO YOU DREAD?
14. WHAT STYLE/ PIECES OF CLOTHING DO YOU FIND YOURSELF GRAVITATING TOWARDS WHEN YOU GO SHOPPING?
15. WHAT DO YOU LOVE MOST ABOUT YOURSELF?
16. ANYTHING ELSE YOU WOULD LIKE ME TO KNOW?

## DESIGNED ALLIANCE FOR COACHING RELATIONSHIPS

### **ASSUMPTIONS.**

WE ASSUME THAT YOU ARE NATURALLY CREATIVE, RESOURCEFUL, RELATIONAL, AND WHOLE.

WE ASSUME THAT YOU ARE UNIQUE AND VALUABLE.

WE ASSUME THAT YOU ARE WORTHY OF BEING CHAMPIONED.

WE ASSUME THAT YOU ARE CAPABLE OF SOLVING COMPLEX PROBLEMS.

WE ASSUME THAT YOU ARE READY TO LIVE AT CHOICE.

### **AGREEMENTS.**

#### CONFIDENTIALITY

THE COMMITMENT TO HONOR EACH OTHER'S STORIES AS SACRED AND ONLY SHARE THE STORIES THAT BELONG TO US.

#### CHALLENGE BY CHOICE

THE COMMITMENT TO ENGAGE EACH OTHER IN CHALLENGES, INQUIRIES, AND OPPORTUNITIES BY INVITATION RATHER THAN DEMAND.

#### AUTHENTIC PRESENCE (SANDBOX)

THE COMMITMENT TO BE FULLY PRESENT WITH HONESTY AND FULLY PARTICIPATE WITH AUTHENTICITY. YOU ARE ONLY RESPONSIBLE FOR YOUR PRESENCE - SO NO FIXING, SAVING, OR SETTING ANOTHER PARTICIPANT STRAIGHT.

#### FIERCE WONDER (LABORATORY)

THE COMMITMENT TO BEING JUDGMENT FREE, OPERATING FROM THE ROLE OF LEARNER RATHER THAN EXPERT, AND GRANTING PERMISSION FOR A RANGE OF EMOTION, EXPERIENCE, AND DECISIONS.

#### WHOLEHEARTED

THE COMMITMENT TO TAKE CARE OF OURSELVES AND UNDERSTAND OUR IMPACT. WE WILL HOLD DEEP CONFIDENCES, EXPRESS PERSONAL NEEDS, AND RESPECT BOUNDARIES.

### **SAFETY NORMS.**

SAFETY NORMS ARE UNIQUELY CO-CREATED EXPECTATIONS, BOUNDARIES, AND AGREEMENTS FOR DISTINCT SPACES AND RELATIONSHIPS.

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