

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Personal Styling & Color Theory Basics

Workshop Level



LAPT — London Academy of Professional Training

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Reference FS-FSI-W • Fashion Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FS-FSI-W
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Basics of Color Theory 3 chapters · 12 classes65 marks	• 1 Understanding Color Theory Fundamentals — 4 classes › 1.1 Identifying the Color Wheel and Its Components › 1.2 Exploring Primary and Secondary Colors › 1.3 Analyzing Harmonious Color Schemes › 1.4 Applying Basic Color Theory to Personal Styling • 2 The Psychology and Impact of Color in Fashion — 4 classes › 2.1 Understanding Color Psychology in Fashion › 2.2 Identifying Emotional Responses to Colors in Apparel › 2.3 Analyzing Color's Role in Fashion Brand Identity › 2.4 Applying Color Theory to Enhance Personal Style • 3 Applying Color Theory to Personal Styling — 4 classes › 3.1 Understanding the Color Wheel and Its Role in Personal Styling › 3.2 Analyzing Skin Undertones to Select Complementary Colors › 3.3 Exploring Seasonal Color Palettes for Wardrobe Coordination › 3.4 Applying Color Harmony in Creating Stylish Outfits
2 Client Assessment Techniques 3 chapters · 12 classes65 marks	• 1 Understanding Client Needs and Personality — 4 classes › 1.1 Identifying Client Needs through Active Listening › 1.2 Analyzing Personality Types with Style Profiles › 1.3 Tailoring Style Recommendations Based on Personality Insights › 1.4 Adapting to Client Feedback for Personalized Styling • 2 Analyzing Body Types and Skin Tones — 4 classes › 2.1 Understanding Body Shapes: Key Characteristics and Identification › 2.2 Analyzing Skin Undertones: How to Determine Warm, Cool, and Neutral › 2.3 Matching Clothing Styles to Body Types: Enhancing Client Confidence › 2.4 Coordinating Colors with Skin Tones: Creating Personalized Palettes • 3 Developing Customized Style Profiles — 4 classes › 3.1 Understanding Client Needs for Personalized Style › 3.2 Analyzing Individual Body Shapes and Proportions › 3.3 Applying Color Theory to Enhance Personal Wardrobe › 3.4 Crafting Tailored Style Profiles for Clients

3

Colour Impact in Fashion Trends

3 chapters · 12 classes

90 marks

• 1 Understanding Colour Theory Fundamentals in Fashion — 4 classes

- › 1.1 Exploring the Basics of Colour Theory
- › 1.2 Identifying Primary, Secondary, and Tertiary Colours
- › 1.3 Analyzing Colour Harmonies and Their Effects in Fashion
- › 1.4 Applying Colour Psychology in Fashion Trends

• 2 The Role of Colour in Fashion Trends and Consumer Perception — 4 classes

- › 2.1 Understand How Colour Influences Fashion Trends
- › 2.2 Explore Colour Psychology in Consumer Choices
- › 2.3 Identify Key Fashion Colour Palettes
- › 2.4 Apply Colour Trends to Personal Styling

• 3 Implementing Colour Strategies in Personal Styling — 4 classes

- › 3.1 Understanding Colour Psychology in Fashion
- › 3.2 Analyzing Seasonal Colour Palettes and Their Effects
- › 3.3 Selecting Complementary Colours to Enhance Personal Style
- › 3.4 Applying Colour Strategies for Unique Fashion Statements

4

Creating Style Guides

3 chapters · 12 classes

65 marks

• 1 Understanding Style Categories and Client Preferences — 4 classes

- › 1.1 Exploring Major Style Categories
- › 1.2 Identifying Client Style Preferences
- › 1.3 Analyzing Style Elements for Personalization
- › 1.4 Crafting Custom Style Guides for Clients

• 2 Designing Personalized Style Guides — 4 classes

- › 2.1 Understanding Client Personalities and Preferences
- › 2.2 Identifying and Analyzing Personal Color Palettes
- › 2.3 Crafting a Wardrobe Vision Aligned with Client Goals
- › 2.4 Compiling a Cohesive and Personalized Style Guide

• 3 Incorporating Color Theory into Style Guides — 4 classes

- › 3.1 Understand the Basics of Color Theory
- › 3.2 Explore the Impact of Color on Mood and Perception
- › 3.3 Identify and Select Complementary Color Schemes
- › 3.4 Apply Color Theory to Personal Style Guides

5

Introduction to Personal Styling

3 chapters · 12 classes

90 marks

• 1 Understanding Personal Style and Its Impact — 4 classes

- › 1.1 Exploring the Concept of Personal Style
- › 1.2 Identifying Personal Style Influences
- › 1.3 Analyzing the Impact of Style Choices
- › 1.4 Applying Personal Style in Everyday Life

• 2 The Basics of Body Shape and Wardrobe Coordination — 4 classes

- › 2.1 Understanding Your Unique Body Shape
- › 2.2 Identifying Clothing Styles to Flatter Body Shapes
- › 2.3 Exploring Wardrobe Essentials for Optimal Coordination
- › 2.4 Applying Color Theory to Personal Styling Choices

• 3 Introduction to Color Theory in Personal Styling — 4 classes

- › 3.1 Understand the Basics of Color Theory
- › 3.2 Identify Primary, Secondary, and Tertiary Colors
- › 3.3 Explore the Impact of Warm and Cool Colors on Personal Style
- › 3.4 Apply Color Harmonies to Enhance Wardrobe Selections

6

Styling for Specific Body Types

3 chapters · 12 classes

65 marks

• 1 Understanding Body Shapes and Proportions — 4 classes

- › 1.1 Identifying Different Body Shapes
- › 1.2 Analyzing Body Proportions and Balance
- › 1.3 Selecting Clothing Styles for Each Body Type
- › 1.4 Applying Color Theory to Enhance Body Proportions

• 2 Styling Techniques for Each Body Type — 4 classes

- › 2.1 Understanding Body Shapes: Identify and Classify
- › 2.2 Analyzing Silhouette: Techniques to Enhance or Downplay
- › 2.3 Color Coordination: Harmonizing with Body Proportions
- › 2.4 Styling in Practice: Applying Techniques to Real Scenarios

• 3 Advanced Personalization and Color Application — 4 classes

- › 3.1 Analyze Body Types to Enhance Personal Style
- › 3.2 Mastering Advanced Color Theory for Customization
- › 3.3 Apply Personal Styling Techniques for Varied Body Shapes
- › 3.4 Integrate Colors and Styles for Personalized Fashion Solutions

