

## Janise

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**From:** Janise [janise@goj3.com]  
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**To:** janise@goj3.com  
**Subject:** J3 Image Consulting - Fall 2007 Newsletter



# The Power of You Newsletter



## FALL 2007



Hi friends! I hope you had as wonderful of a summer as I did.

Welcome to the latest edition of J3's "*The Power of You*" newsletter. I send these out each new season and I hope you will find the information useful as you discover the joy and satisfaction that comes from discovering the "Power of "You" through the tool of image management.

My calendar is filling up fast for September already so if you would like some assistance putting together your wardrobe for the Fall, don't hesitate to call!

*Janise*

### In This Edition:

- Fall/Winter Fashion Trends
- Managing Seasonal Clothes
- Dressing the Body You Are Currently In
- Upcoming Workshops by Janise
- Janise's Favourite Books on Image
- Do I Need an Image Consultant?

## FALL/WINTER FASHION TRENDS

Though I loathe to say good-bye to summer, I am always excited to change over my wardrobe. Here are some of the trends I am seeing for Fall and Winter season:

### Menswear

Bring out your inner dandy this season with polished menswear pieces like soft trousers, a fitted vest, a double-breasted blazer or a tie. I recommend you wear just one piece of menswear with something feminine (like a bow or ruffled blouse with trousers or a pencil skirt).

### Swing or Cropped Jackets

Pop on a cute 3/4-length sleeve jacket and let your sleeves hang out for the season's freshest layered look. Make sure you wear these jackets with bottoms on the slim side so the jackets don't make you look wide.

### Knits & Sweaters

Super-sized sweaters in a range of styles and knits are all the rage this season. And they're so easy to wear with opaque tights, leggings or skinny pants or jeans. Look for long, lean turtlenecks, cozy, thigh-length cardigans and sexy, swingy tunic tops that flatter many figures. And, those easy knit dresses you've been loving all spring and summer carry over to fall in jersey and sweater knits. Extend the life of summer knit dresses by layering with long sleeves underneath and pairing with opaque tights.

### Colors

Grey will be HUGE this fall. Pair it with the bright jewel-tones of royal blue, emerald green, purple or red. Also, think charcoal with brown.

### Accessories

Against a backdrop of simpler dresses, matched suits and menswear, the new **handbags** take on excitement with bright colors, shiny patent surfaces and exotic skins like alligator. This season, no matter where you live, you'll want to have at least one **hat** to cover your head. Perhaps it's a knitted cap, a bold fedora, a toque or one of your favourite scarves worn as a headband. Take your pick. Hats are a great way to keep warm, while also staying on trend.

And, for **shoes**, we are seeing higher heels and round toes. Platforms are also making appearances in a variety of styles ranging

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from peep-toed shoes to lace up ankle boots.

### Matched Suits

This trend makes me happy as I see the move to upgrading our look at work. This season designers fell in love with matched suits: slim pencil skirts with cropped jackets or polished black pantsuits. Have jackets and pants professionally altered to fit you (a nip here, a shorter hem there) if they aren't perfect off the hanger.

### Outerwear

You might argue that outerwear is a necessity, rather than a trend. But when you see this season's fabulous styles of coats and jackets, you won't want to settle on just one. Double-breasted jackets go beautifully with shorter skirts and dresses. Cropped coats and wraps look dynamite with pants. And puffy coats will keep you warm and stylish from fall through early spring. Classic colours are a safe bet. But you might also consider some bright jewel-tones for a little flair.

Hope this helps you as you hit the stores in the next couple of months!

## MANAGING SEASONAL CLOTHES

One of the best lessons I learned from my mother was about putting away clothes after the season was done. This seasonal ritual **frees up valuable closet space and eliminates the time-wasting hassle of sorting through inappropriate clothes every time I needed something to wear** from my closet. Usually right after the Labour Day weekend, I get up my Rubbermaid bins marked "Off Season" clothes and begin to put away my summer clothes. I also am fortunate enough to have a spare closet in my basement to hang up clothes that I don't want to fold. Believe it or not, this seasonal ritual is actually kind of fun. I get to put away the clothes I am so weary of wearing and bring out clothes that I had forgotten I even owned. Out of sight, out of mind ... it's like having a brand new wardrobe again. However, don't forget ... sometimes clothes needed to be freshened up again by being washed, dry-cleaned, or being thrown into the dryer with a scented dryer sheet before wearing.

## DRESS THE BODY YOU ARE CURRENTLY IN

Start the season off right and dress with confidence! It does not matter your dress size or height, dress for the body you are currently in-dress for today! By wearing the most flattering clothes to highlight your best features and minimize the not so great parts, your attitude will be more positive and your self-esteem will increase. Don't let others define who you are; you are a woman that can freely define yourself and dressing well is a valuable tool to do so! Don't wait until \_\_\_\_\_ (you fill in the blank) to feel great about YOU! Don't put it off and wait until you have more money, lose weight or the kids don't need as much help ... blah, blah, blah! Those are all excuses! Do it now! You deserve to look and feel attractive today!

## UPCOMING WORKSHOPS BY JANISE

**Tuesday, Sept. 25, 7:00 - 9:00 PM**

**"Dressing the Body You Are In Now"**

Women's Health Resources, 1441 - 29 St. NW

Diversity makes the world rich, textural .. like different flowers, trees and animals. We need all shapes, colors, and sizes. Your Body is begging to be adorned beautifully right now. Don't delay the pleasure of looking and feeling great in clothes until you get that body you've always dreamed of having. Depriving yourself only leads to depression. This workshop is about honouring your distinctiveness and learning how to dress the body you currently have to you can feel and look delicious. For more information, see [http://www.calgaryhealthregion.ca/clin/women/Workshops\\_SeptOct07.htm](http://www.calgaryhealthregion.ca/clin/women/Workshops_SeptOct07.htm). \$25 per person. To register, call 944-2260.

**October 13 - 14, 2007**

**Mount Royal College Women's Conference: Take Charge of Your Life ... Discover Balance for Self, Family and Career**

Are you ready to re-enter the workforce, make a career change, find the ideal work/life balance, dress for success, learn the art of networking? This two-day conference is for women re-entering the workforce, stay-at-home moms. work-at-home moms, and women seeking a career change. For more details, visit <http://conted.mtroyal.ca/balance/> or call 440-6013. \$275 per person.

## JANISE'S FAVOURITE BOOKS ON IMAGE

[40 after 40: 40 Things Every Woman Needs to Know About Getting Dressed](#) by Brenda Kinsel

[Brenda Kinsel's Fashion Makeover: 30 Days to Diva Style!](#) by Brenda Kinsel

## DO I NEED AN IMAGE CONSULTANT?

*Does the thought of shopping overwhelm you? Do you feel like shopping is a chore rather being fun or exciting? Do you wish someone else would shop for you? Do you come home from the store with lots of pieces but no outfits? Do you stand in front of the closet thinking you have nothing decent to wear?* If you answered 'YES' to any of these questions, an image consultant can help! My goals, with every new client or with a previous client needing clothes for the new season, include: 1) Putting together a 6-8 piece cluster of clothes that can be mixed and matched for multiple outfits; 2) Making the shopping experience stress-free and fun; and 3) Sending clients home with clothes that make them feel and look fantastic! If you would like to book an appointment for your **personal shopping experience**, please email me at [janise@goj3.com](mailto:janise@goj3.com) or call me at 503-0415 (home office) or 860-1916 (cell).

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