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**PROPOSAL** 

## THERAPY

C

SUPPORT PROGRAMMES



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**PROPOSAL** 

This is a series off workshops designed to be fun, interactive and engaging. An event that helps ladies de-stress and indulge in a curriculum where they can get carried away and involved. A platform for women, teenagers & mothers and pregnant women to discover about their personal style of fashion.

The Starter Kit allows time for individual personal consultations where ladies are invited to share their concerns and gear the therapist to develop the following sessions to address highlighted issues that were brought forward.

In the workshops, ladies are encouraged to share their thoughts, ideas and feelings and communicate openly in a comfortable group.

Fashion dressing a doll is an activity organized for ladies to create a style for their doll, label the identity of the fashionistic style of their doll. Moreover, they are allowed to share a story about their doll. In a group of mothers and teenagers, this might bring them closer together as they share, engage and reflect on topics integral to them.

The Art of Style, a mother-daughter workshop, reveals fashion personalities that are common and allow mother and daughter to create their own personal fashion mood boards whereby they can share their feelings.

Life, Love & Style is a gathering for ladies of various groups where they toast to fashion ideas and inspirations and bond within the event.

Runway to Reality is a charity fund raising event that gathers ladies to team up and engross themselves in opportunities to fund raise for various causes through the theme of fashion style.