**The When What Wear How Method**

**This** is the question posed to me more times than you can imagine! I have received countless calls over the years about an event coming up and what am I supposed to wear is the 1st question, everytime, hands down.

**How is it that** no matter what age we are, one question is always the same.

The need to know how to present one’s self has been around for decades. Parties, gatherings, groups, and well, just about anything that has a sense of appropriateness. The idea that you may not show up looking acceptable and, the worst ever, standing out uncomfortably is a pain worse than cold coffee! ( remember Sunday Best was a real thing!)

**When** it comes to our image of ourselves, and the way we see ourselves, or want to portray what we feel, ( because that’s what we think is being read) we can easily get stuck on the notion there is a proper way to present ourselves outside our norm. And if you’ve ever struggled with ever feeling comfortable in your normal settings, then you know the struggle to understand a new setting is twice as challenging.

And this, is where the when what wear how method tool can transform the most stressful situations into a formula applied format to get the end result...which is to feel amazing from the inside out.

