

HELP! Tips on How to Dress for Those Holiday Parties and Other Savvy Fashion Advice

Do you wake up every day, stare at your closet and find yourself with nothing to wear? Every morning before work, I grab the same outfits week in and week out. Yet my closet is filled with clothes ranging in styles – some from as much as three decades ago to items I bought a week ago. Yet I always feel I have nothing to wear!

A few months ago I had the pleasure of meeting Diane Pollack, Founder of [Stylempower](#), a wardrobe consulting and personal shopping service for busy New York City women. With over twenty years' experience as a fashion designer, Diane has expertise in fabric, fit and construction and understands how to work with different body types, tastes and budgets. Diane focuses on each client's individual lifestyle for a look that brings confidence and empowerment. Diane has an eye for current trends which she customizes so that her clients feel renewed and "on trend", all within their comfort zone.

I had a chance to sit down with Diane and discuss her company's mission and why women have such a hard time deciding what to wear.

What is Stylempower all about?

Stylempower is a very individualized service. My goal is to find the style that works for each woman. I edit and organize wardrobes so that my clients can easily find what they need every day and most importantly, have amazing outfits that they feel confident in. I focus on what works for each individual client and I understand what works for their body type, personal style and budget. Stylempower is truly 'Style for your lifestyle'.

Who are your typical clients?

My clients are busy women who need help with wardrobe "overwhelm" and stylizing their clothes in an empowered manner. Some are in transitional phases of their lives such as re-entering the work force, having a baby, getting a promotion or facing retirement. Some are just looking to empower themselves in confident outfits whether single, divorced or dressing for that desired promotion.

What are your services?

Closet Rejuvenation is a service in which I edit the items of a client's closet to get to the core of her best pieces. I will then create new outfits and suggest best ways to style and accessorize them. I take pictures for easy go-to reference. In addition, I make recommendations for altering that would update or enhance certain pieces.

The other service I offer is *Personal Shopping* – either with or without a client. If I shop with a client, pieces are selected for her requirements and budget. This service is best for the woman who needs a keen eye and a little help putting it all together. If a client is too busy to shop or just does not enjoy the experience of shopping, I will do an in-person consultation in which we review her needs, budget and style. I will then shop to find the best items, hand deliver the purchases and manage the returns. (And by the way, Diane offers a half hour complimentary phone consultation on how to dress with ease and confidence. I had one and got some amazing tips on hosiery!)

What are some styling tips we can all use?

- 1) **Tailoring** will make clothing look more expensive, flattering and customized.

- 2) ***Pay attention to the clothes you feel great in.*** Figure out what makes those items so great and search for similar pieces.
- 3) ***Accessorizing*** will take an outfit from fine to fabulous!
- 4) ***Trends are suggestions but not mandates.*** Only buy and wear what works for you.
- 5) ***Enjoy!*** Clothing should be fun and expressive.

What tips can you give to women who have no time to think about what to wear?

If you gravitate towards the same type of items and don't bore easily, you can create a "uniform". You can stick with basic colors and shapes. If you want to change it up, you can wear different accessories and shoes. For the woman who likes variety, spend some time creating go-to outfits for every day needs. Take pictures, so you can easily refer to them in the morning or better yet, the night before.

Why do women never have anything to wear?

Women often have too many options these days which creates overwhelm. In addition, there are so many factors that affect clothing selection such as the occasion, the weather and emotional state or mood.

What are some basic staple pieces for work, weekend and evening?

Many stylists would answer this with a list such as raincoat, flats, turtleneck or that "little black dress". I never do this. I get so annoyed when fashion talks about "must have" lists. I often look at those lists and own only a fraction of the items. I do not believe in "must-haves". Every woman is different and will have different wardrobe staples depending on her personal style, figure and lifestyle.

And what to wear to those holiday parties this year?

Holiday time is always an opportunity to take it up a notch. First, consider what is appropriate for the occasion; every event has its own definition of "appropriate". You might want to add a little sparkle with sequins, rhinestones, lurex threads or metallic leathers. However, with sparkle, keep the shoes and handbags simple. Also, velvet, lame and brocade are all popular holiday fabrications. On the other hand, if your outfit is simple you can jazz it up with festive, shoes, bags or jewelry. You can enhance your look with cosmetics. Finally, ornamented hair accessories or dressy jumpsuits are new this season and especially popular for those holiday parties.

Thanks Diane! I feel the closet "overwhelm" dissipating as we speak!