

01

MERIDETH
style session
MORGAN

MERIDETHMORGAN.COM



MERIDETH MORGAN

02

OVERVIEW

content creator, model, stylist

Merideth's career in the fashion world started back in 2011. Immediately after graduating from the Parson's School of Design, she started working as a wardrobe stylist. She has worked with a number of celebrities and her work can be found in GQ UK Magazine, all over TV and across the mainstream media world. But her favorite and most rewarding work comes from her private clients.

PURPOSE

What we have hanging in our closets are some of the most vital and important things in our lives. After all, each and every one of us gets dressed 365 days of the year. There's no skipping a day! By helping find your body shape, creating a solid foundation with essentials and following a very simple outfit formula, will help you cultivate your own personal style and make dressing your body easier and fun! Our wardrobes should bring us joy and ease, and that's what we're after today!

WARDROBE STYLIST

01

HOW I GOT INTO FASHION

Let's take a walk down memory lane and see how I ended up in the styling world of fashion.

02

COOL JOB!

Find a list of the brands I've worked with. It's not as glamorous as you may think!

03

PRIVATE CLIENTS

Wondering what it might be like if you hired a stylist? Find out how I work with my private clients.

STYLE SESSION

04

BODY SHAPE

Did you know each of us has a different body shape? No matter what size we are. I'll walk you through how you how to find yours. This will help edit your current wardrobe and it will make it easier to find clothing that will work for you!

05

HOW TO FIND YOUR STYLE

Don't feel like you have a 'style'? At a loss for trying to create one? Come up with these 3 things that will help you cultivate your style!

06

CLOSET ESSENTIALS

A reliable foundation of clothing makes dressing infinitely easier. Think LBDs, plain white tees, flats. Things that no closet is complete without.

07

OUTFIT FORMULA

Not sure how to style what you have in your closet? Follow this basic outfit formula to make getting dressed a cinch!



HOW I GOT INTO FASHION

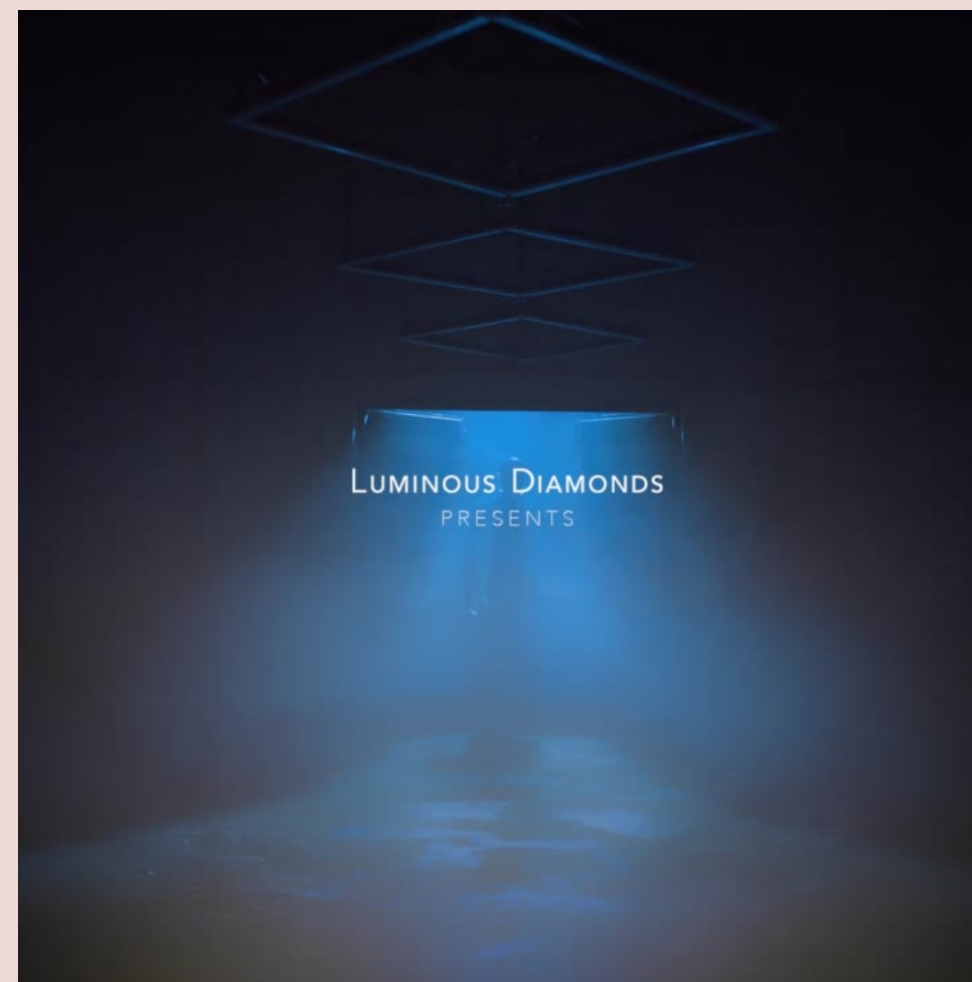
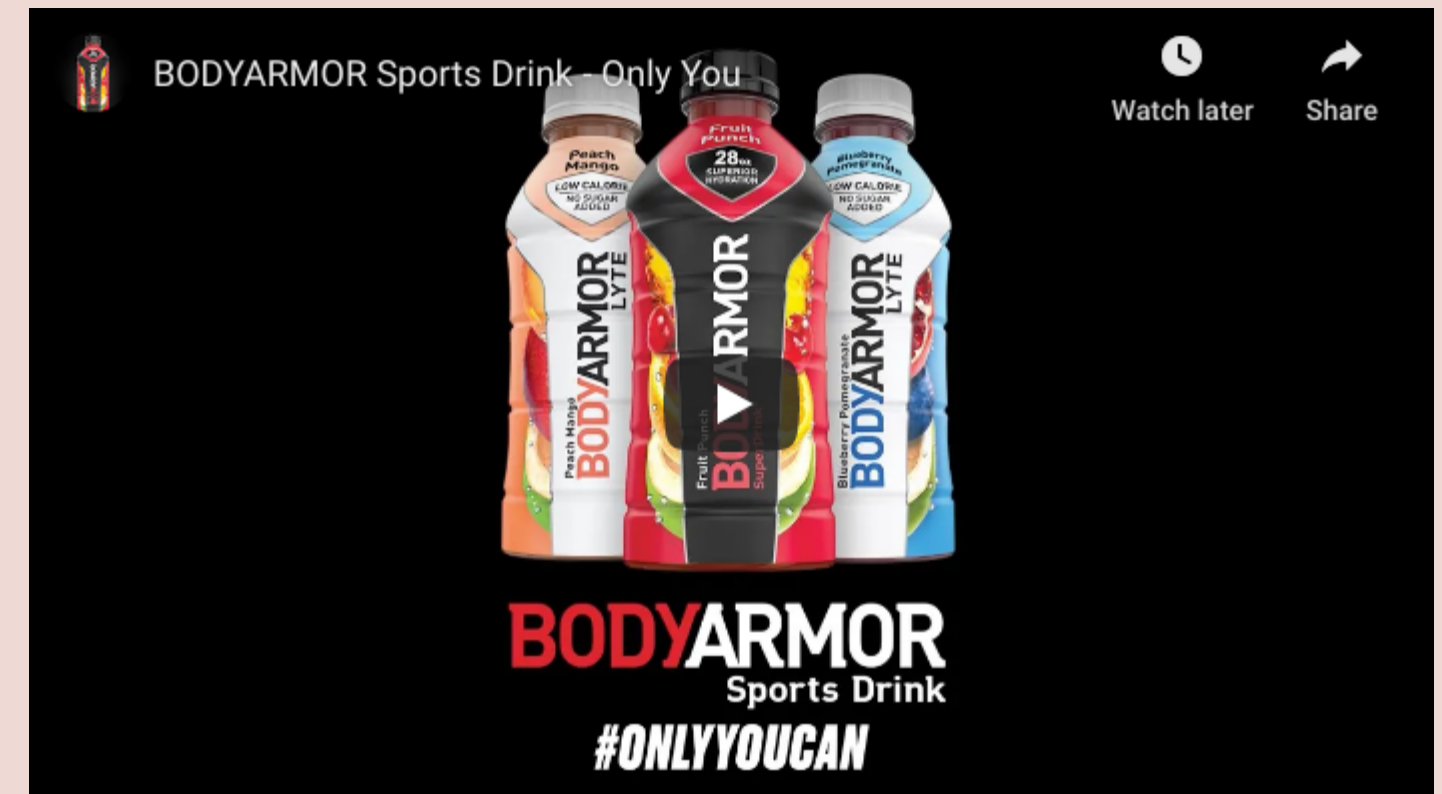
- shopping when I was a kid
- high school dress code
- BFA in Photography
- applied to Parsons
- freelance stylist out of grad school
- started fashion blog
- worked for jewelry designer
- job as PA and personal stylist
- fashion company
- private client styling
- signed with modeling/acting agent
- stylist for TV ads, social media ads, etc

COOL JOB

Brands I've Worked With

- GQ UK
- Saks 5th Avenue
- Papa Johns
- Luminous Diamonds
- Body Armor
- Ciroc
- Kind Bar
- Cracker Barrel
- Philips
- Airwick
- Live Clean
- Thicker Fuller Hair
- Microsoft
- Rimmel London
- Weight Watchers
- Chicago Sun Times
- Adidas
- Belvedere
- Mumm Champagne
- CVS
- Michelob Ultra
- Tic Tac
- AT&T
- Bud Light
- Comcast
- Fossil
- T-Mobile
- European Wax Center
- Nike
- J. Cole "Work Out"
- Chelsea Cutler "You Make Me Wanna"
- Justine Skye "Back For More"
- Mack Wilds "Explore/Bonnie & Clyde"







PRIVATE CLIENTS

How I work with private clients:

- Consult [1 on 1 call, what you want to achieve, goals, needs, dreams, etc]
- Closet edit
- Reorg & list
- Shop
- Fitting
- Fill-in
- Lookbook

BODY SHAPE

AND HOW TO FIND IT

To dress your body right, you need to know your shape! It will make you feel more comfortable and confident and you'll look better!



THE SHAPE REPORT
STYLES & TIPS FOR DRESSING YOUR FRAME

INTRO

HOW TO MEASURE

 <p>Triangle Bust is narrower than hips, with a defined waist</p>	 <p>Oval Bust and hips are similar in size, with a full waist</p>	 <p>Inverted Triangle Bust is fuller than hips, with a defined waist</p>	 <p>Hourglass Bust and hips are similar in size, with a defined waist</p>	 <p>Column Bust, waist, and hips are similar in size</p>	 <p>Petite If you are 5'3" or shorter</p>	 <p>Tall If you are 5'9" or taller</p>
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BODY SHAPE

HOW TO MEASURE TO GET YOUR SHAPE

Torso: Find your belly button. Then place one hand flat under your breast. Place the other below it. If both hands are above your belly button, you have a long torso and high waisted will be great for you. If your hands are covering your belly button, you have a short torso. Mid rise will be good for you. If your hands hit right at your belly button, you have an average torso and either rise can be worn.

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HOW TO MEASURE YOUR FIGURE

SHOULDERS

Measure from tip all the way around

BUST

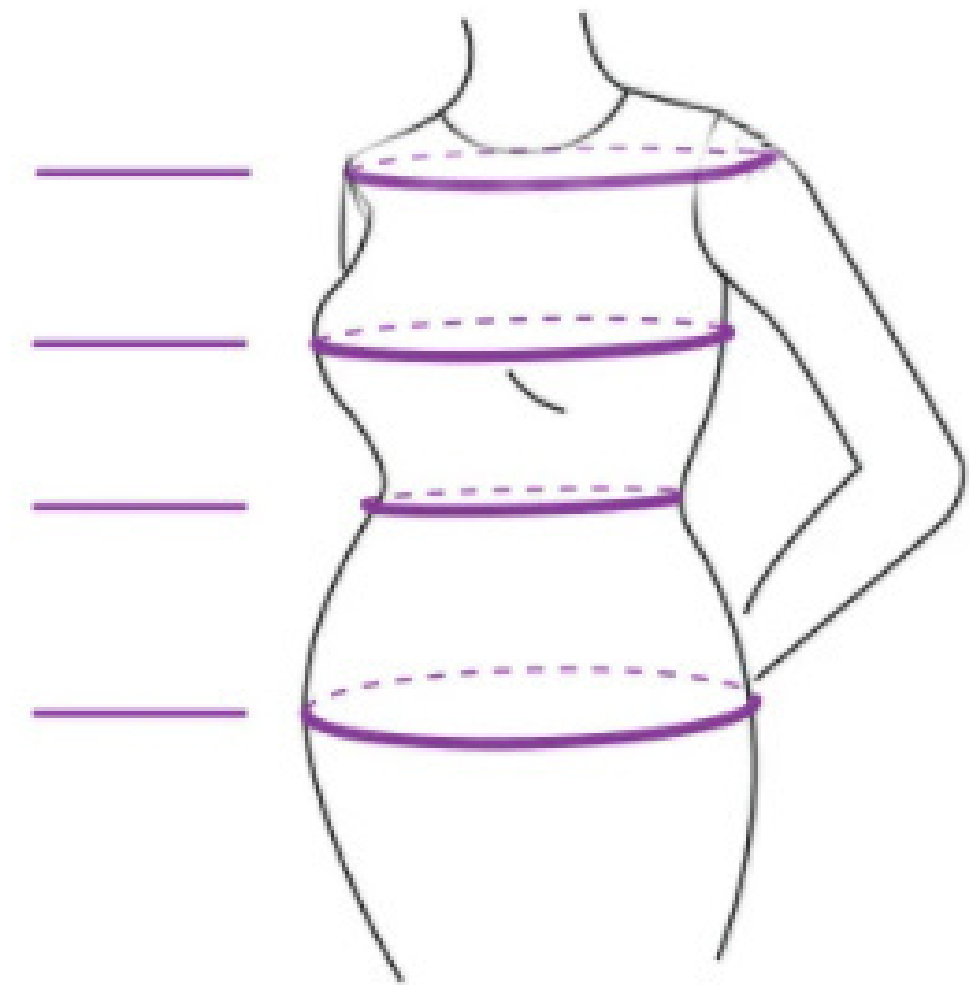
Measure at the fullest point

WAIST

Measure at the narrowest point

HIPS

Measure at the fullest point



Trunk Club



Triangle

- Your hip measurement is wider than your bust and shoulders
- Your waist is most likely defined and is narrower than your hips
- Accentuate your waist
- High waisted pants

Trunk Club



Inverted Triangle

- Your shoulders and bust are broadest part
- Your hips and waist are narrower
- To balance your top half, add volume & curves to your lower half

Trunk Club



Circle

- Your shoulders, bust, waist, and hips are similar
- Your shoulders and hips may be slightly narrower.
- Your waistline is rather undefined.
- Accentuate neck & bust
- Create structure w/ jackets

Trunk Club



Rectangle

- Your shoulders, bust and hips are all around the same size
- Your waistline is more straight than curvy, undefined.
- Create volume and curves with silhouettes

RESOURCES

04

[How to dress for a Circle](#)

[How to dress for a Triangle](#)

[How to dress for an Inverted Triangle](#)

[How to dress for a Rectangle](#)

HOW TO CULTIVATE YOUR STYLE

Come up with 3 adjectives that describe your personality

- feminine
- classic
- modern
- bohemian
- sporty
- fun
- quirky
- edgy
- eclectic
- romantic
- modern
- easy going
- bold
- simple
- creative
- outgoing
- artistic
- confident
- city/country dweller
- unique
- trendy



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CLOSET ESSENTIALS

- Foundation pieces
- Collection of basics
- Will last a lifetime/timeless
- Won't go out of style
- These pieces will help bring your outfits together
- All pieces work together
- Won't have to worry about what to wear
- Fundamental components of having a complete wardrobe



Stitch Fix

CLOSET ESSENTIALS



Blouse



Jackets/Coats



Basic Knits



Pants



Dresses



Skirts



Heels/Pumps



CheryC.com

Jeans



Handbags



Casual Shoes



Accessories



A proper fitting bra

White tee

Neutral color basics

Denim jacket [or denim shirt]

White button down

Beige trench

Leather Jacket

Blazer

Black trouser

LBD

Neutral color skirts

Dark wash jean

Pump (beige & black)

Flat

Beige sandal

White sneakers

Bootie/Boot

Delicate Jewelry

CLOSET STAPLES



Basic
+
Basic
+
Layer
+
Shoe
+
Accessory
+
Personal Style

OUTFIT FORMULA



OUTFIT FORMULA



Basic
[top]
+
Basic
[bottom]
OR
Basic One Piece
[dress/romper/jumpsuit]
+
Layer [sweater/jacket]
+
Accessory
[jewelry/sunglasses/hat/scarf]
+
Shoe
+
Personal Style
[eyeglasses/lipstick/colorful nails/handbag/hair]



OUTFIT FORMULA



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