



# **WELCOME TO ART-F-101 - HOLISTIC TRANSFORMATIONAL STYLING**

DR. A BOYD

## CLASS SCHEDULE



### Summer 2025 Class Schedule

**Course Title:** *Holistic Transformational Styling*

**Instructor:** Dr. Ameela Boyd

**Location:** Zoom (link will be emailed weekly)

**Course Duration:** 4 Weeks

**Email:** thecoveringllc@gmail.com

**Start Date:** Friday, May 30, 2025

**Class Time:** Fridays | 6:00 PM – 8:00 PM (Live Class)

**Office Hours:** Saturdays | 7:00 PM – 8:00 PM (Q&A, Support, Feedback on TikTok live)

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### WEEKLY BREAKDOWN



#### Week 1 – May 30, 2025

**Topic:** *The Impact of Trauma on Black People's Holistic Well-being*

Focus: Spiritual Alignment, Emotional Wellness, Physical Embodiment, Creative Expression

Office Hours: *May 31* | 7:00 – 8:00 PM

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#### Week 2 – June 6, 2025

**Topic:** *Understanding Melanin, Color Psychology & Personal Power Through Style*

Focus: Melanin types, color meaning, emotional/psychological resonance, color for healing and self-affirmation

Office Hours: *June 7* | 7:00 – 8:00 PM

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#### Week 3 – June 13, 2025

**Topic:** *Body Love & Styling for Your Shape*

Focus: Body type identification, dressing with confidence, healing body shame, celebrating individuality

Office Hours: *June 14* | 7:00 – 8:00 PM

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#### Week 4 – June 20, 2025

**Topic:** *Personal Style & Inner Transformation*

Focus: Creating a signature style, aligning fashion with purpose, wardrobe detox, expressive dressing

Office Hours: *June 21* | 7:00 – 8:00 PM

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## **Graduation / Celebration Session (Optional)**

**Date:** June 27, 2025

**Time:** 6:00 PM – 7:30 PM

**Includes:** Certificate presentation, student highlights, final Q&A, live testimonials, style showcase

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## **Course Materials for Students**

### **Required Materials:**

These are the essentials students will need to participate fully in the course:

1. **Course Workbook** (*PDF or printed*)  
A guided, detailed workbook that includes:
    - Weekly topics and breakdowns
    - Journaling prompts
    - Exercises & checklists
    - Color charts, body type guides, style trackers
    - Reflection spaces
  2. **Notebook or Digital Journal**  
For deeper reflection during and between sessions.
  3. **Internet Access + Zoom App**  
All live classes and office hours will be hosted via Zoom.
  4. **Poster Board or Canva/Pinterest Account**  
For visual mood board creation during Week 1 and Week 4.
  5. **Mirror & Full-Body Photo** (*for self-styling activities*)  
For exploring body type, posture, and physical expression during styling exercises.
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### **Optional but Recommended:**

1. **Style Tools Kit** (*Can be branded or DIY*)
  - Measuring tape (for body type assessment)
  - Mini color wheel (for color theory)
  - Fabric swatches (various textures/colors)
  - Stickers or cutouts for visual boards
2. **Spiritual Essentials** (*to align with Pillar 1 – Spiritual Styling*)
  - Affirmation cards or sticky notes

- Devotional/meditation journal
  - Candles, sage, or essential oils (optional for emotional grounding)
3. **Camera or Smartphone**  
For before/after photos, styling homework submissions, and documenting transformation.
  4. **Wardrobe Access**  
Students will be encouraged to pull pieces from their own closet to experiment with new styling perspectives.

