



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

DR. A BOYD

# Holistic Transformational Styling: Healing Through Fashion, Identity & Expression

A 4-Week Course Based on 4 Foundational Pillars:

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## THE 4 PILLARS (These shape the entire course structure)

### 1. **Spiritual Alignment**

*How you dress reflects your inner truth, faith, and connection to God. Clothing becomes a spiritual expression of purpose and alignment.*

### 2. **Emotional Healing**

*Healing emotional wounds impacts how you show up—clothing becomes a form of therapy, self-love, and identity reclamation.*

### 3. **Physical Embodiment**

*Understanding your body, posture, skin, and melanin allows you to dress with confidence, not conformity.*

### 4. **Purposeful Presentation**

*Style is your statement to the world. This pillar helps you align your wardrobe with your calling, confidence, and legacy.*

## COURSE DESCRIPTION

This 4-week immersive course fuses fashion, healing, and identity, rooted in spiritual, emotional, and physical transformation. It is designed to help women—especially Black women—heal from trauma and reclaim their power through styling. Anchored in four core pillars, this course guides you to align your inner healing with your outward expression.

## WHAT WILL I LEARN?

- The connection between trauma, self-image, and styling.
- How to spiritually align your wardrobe with your truth and calling.
- How emotional healing affects posture, body confidence, and clothing choices.
- How to use your melanin and body type to guide powerful styling decisions.
- How to build a style that expresses your healed, whole, and purposeful self.

## TARGET AUDIENCE

- Women (especially Black women) healing from trauma and seeking identity renewal.
- Stylists, coaches, creatives, and holistic practitioners.
- Anyone desiring to reclaim their beauty, purpose, and confidence from the inside out.

# **COURSE MATERIALS**

## **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*)
2. *will be provided for \$2.00 as needed)*  
A guided, detailed workbook that includes:
  - Weekly topics and breakdowns
  - Journaling prompts
  - Exercises & checklists
  - Color charts, body type guides, style trackers
  - Reflection spaces
3. **Notebook or Digital Journal**  
For deeper reflection during and between sessions.
4. **Internet Access + Zoom App**  
All live classes and office hours will be hosted via Zoom.
5. **Poster Board or Canva/Pinterest Account**  
For visual mood board creation during Week 1 and Week 4.
6. **Mirror & Full-Body Photo** (*for self-styling activities*)  
For exploring body type, posture, and physical expression during styling exercises.

### **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
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.

## ☒ **COURSE REQUIREMENTS**

- Willingness to engage in personal reflection and growth
- Ability to attend weekly sessions and participate in discussions
- No fashion background needed

## ☒ **CERTIFICATE**

A **Certificate of Completion** will be awarded to participants who complete:

- All 4 pillar modules
- Weekly reflections and mood board
- Final “Style Statement” presentation

# SYLLABUS – 4 WEEKS, 4 PILLARS

## WEEK 1 – PILLAR 1: SPIRITUAL ALIGNMENT

### **Pillar 1: Spiritual Alignment**

#### **WEEK 1: The Impact of Trauma on Black People's Holistic Well-being**

**Objective:** Explore how trauma uniquely affects Black individuals and influences self-perception, confidence, and overall well-being. Understand how styling and self-adornment can be tools for healing and self-expression.

**Theme:** *“Who Told You That Wasn’t Beautiful?”*

**Focus:** Trauma, identity, and spiritual disconnect

#### **1. What is Trauma?**

- Definition: Emotional and psychological response to distressing events.
- Examples: Abuse, neglect, racism, generational wounds.

#### **2. Historical and Generational Trauma**

- The lingering effects of slavery, segregation, and systemic oppression.
- How trauma passed through generations affects spiritual identity and faith.

#### **3. Microaggressions and Societal Pressures**

- Daily experiences of bias and how they wear down confidence and authenticity.
- Eurocentric beauty ideals and their pressure on personal style.

#### **4. Trauma's Effect on Spirituality**

- Disconnect from divine identity.
- Shame, unworthiness, or doubt rooted in trauma.

#### **Activity: Personal Reflection**

- Journal Prompt: “How has trauma (personal or generational) affected how I show up in the world?”
- Group Discussion: How does this affect the way you dress, carry yourself, or express yourself?

#### **Healing through Spiritual Styling**

- Clothing as spiritual armor.
- Using style to reflect your God-given identity.

### **Homework:**

- Create a visual mood board of healing styles, colors, symbols, or textures.
- Write a reflection: “How would I show up if I were spiritually whole?”

## **WEEK 2 – PILLAR 2: EMOTIONAL HEALING**

**Theme:** “*Color Me Free*”

**Focus:** Color psychology, melanin, emotional trauma

### **Pillar 2: Emotional Healing**

#### **WEEK 2: Melanin, Identity & Emotional Expression Through Color**

**Objective:** Explore how melanin influences not just appearance but identity and emotional well-being. Understand color psychology and how to use color intentionally in styling to express and heal.

#### **1. What is Melanin?**

- Melanin: A natural pigment found in the skin, eyes, and hair.
- Two Types:
  - **Eumelanin:** Brown to black pigmentation; provides strong UV protection.
  - **Pheomelanin:** Red to yellow pigmentation; offers less UV protection.

#### **2. Melanin as a Gift**

- Melanin’s spiritual and cultural symbolism.
- Dismantling the shame often placed on darker skin tones.

#### **3. Color Psychology**

- The emotional and psychological impact of colors.
  - Red = passion, strength
  - Yellow = joy, clarity
  - Blue = calm, trust
  - Green = renewal, healing

#### **4. Matching Colors to Your Melanin**

- Understanding undertones: warm, cool, neutral.
- How to choose hues that enhance your complexion and mood.

### **Activity: Color Healing Mapping**

- Choose 5 colors that make you feel empowered.
- Match them to affirmations or emotions.

### **Homework:**

- Wear an intentional color for a week. Journal how it made you feel and how others responded.



## **WEEK 3 – PILLAR 3: PHYSICAL EMBODIMENT**

### **WEEK 3: Knowing Your Body & Styling with Confidence**

**Theme:** *“This Is the Body I Was Given”*

**Focus:** Body type, posture, self-confidence

**Objective:** Identify and embrace your unique body type. Learn how to dress to enhance your God-given features, not hide them.

#### **1. Understanding Body Types**

- Common Shapes: Pear, Apple, Hourglass, Rectangle, Inverted Triangle.
- No body type is “better”—each has strengths.

#### **2. Body Image and Trauma**

- How trauma distorts self-perception.
- Reclaiming the narrative around our bodies.

#### **3. Styling Tips for Each Shape**

- Pear: Balance lower body with bold tops.
- Apple: Emphasize legs and neckline.
- Hourglass: Embrace curves with fitted styles.
- Rectangle: Create curves with layering and structure.
- Inverted Triangle: Add volume to lower half.

#### **4. Dressing as Embodiment**

- When you style with intention, you affirm your worth.
- Clothing that fits and flows with your shape increases comfort and confidence.

### **Activity: Body Appreciation Exercise**

- Journal Prompt: “What do I love about my body?”
- Try on an outfit that celebrates your shape.

### **Homework:**

- Create 3 outfits that compliment your shape and make you feel confident.
- Take a photo in each and journal how you feel in them.
- Mirror Work: Speak affirmations to your reflection
- Create a “Style Guide” for your body type
- Journal: “What part of my body do I hide and why?”

## **WEEK 4 – PILLAR 4: PURPOSEFUL PRESENTATION**

### **WEEK 4: Holistic Styling for Purposeful Living**

**Theme:** “*Show Up in Truth*”

**Focus:** Legacy, influence, signature style

**Objectives:** Integrate spiritual, emotional, and physical insights to present yourself with authenticity, boldness, and purpose. Creating a style statement that affirms your healed identity.

#### **1. Personal Branding Through Style**

- Your style tells a story—what story do you want to tell?
- Aligning wardrobe choices with values, purpose, and lifestyle.

#### **2. Styling for Your Goals**

- Dress for where you’re going, not just where you are.
- Strategic styling for career, ministry, wellness, and more.

#### **3. Wardrobe Detox**

- Letting go of clothing that no longer serves your purpose.
- Keeping pieces that affirm, align, and inspire.

#### **4. Creating a Signature Look**

- Elements of a signature style: color, silhouette, accessories, message.
- Be intentional in curating your presence.

### **Activity: Closet Inventory + Style Vision**

- Identify 3-5 key pieces that represent your desired presence.



- Map out your personal style manifesto.
- Final mood board & “Style Statement” presentation
- Group confidence walk or affirmation circle
- Journal: “How will I continue to dress like I love myself?”

**Homework:**

- Design a 7-day outfit plan that reflects your healed, whole, purpose-driven self.
- Present it during final session.

## 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

**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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- Devotional/meditation journal
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