**YGT episode 119**

You're listening to you've got this episode 119. Hey there and welcome to you've got this a podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host. Dr. Katie Linder. As an Avid Reader and writer.

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On this episode. I'm offering an update on my personal stylist appointment. And this is at the request of many listeners who heard me talk about this on a previous episode which I will link to in the show notes and they emailed and tweeted and Instagram commented you have to update us on this and how it went.

So I had several people ask me if there were tips and strategies that would come out of this that would be shareable and kind of more broadly applicable to other people so. I'm going to do the best I can to do that but also just kind of share about what this experience was like. So if you're just getting caught up, I went to Nordstrom where they have a complimentary personal stylist option.

So this is free. You do not have to buy anything, but you certainly can and the general idea of this is somebody helps you to choose different outfits and to set a little bit of context for this. I went to this appointment after I had spent five very long days at a. Conference. So I was a little bit nervous on my way there that I was too tired, even though this was just an hour-long appointment.

I was very concerned that I wasn't going to kind of get out of it what I would want because it had just been such a long five days and I was doing this kind of on my way home from the conference. And I definitely am I'm glad that I went it ended up being so much kind of less time intensive and energy intensive than most shopping is and that's one of the pros that I'm going to talk about in just a little bit but let me kind of walk you through some of my takeaways that I had and I literally wrote These down in my phone because I was so tired.

I thought I would forget them. So I wrote These down right after the appointment so I would remember. So the first thing that I realized was not going through clothing racks is amazing. I walked in I met my personal stylist and I she had already set out a bunch of clothes in the dressing room that she thought would be a fit for me and it was a very large dressing room with like multiple mirrors and really good lighting and in this dressing room.

She had pants jackets blouses and things like tops. Shirts that I could try on and she had actually called me the previous day and asked a couple of questions and I was a little bit concerned from the question. She asked that she wouldn't have enough information to kind of help me choose what I thought would be helpful, but I was able to relate to her that I was very interested in pants because this was something I wanted to replace in my wardrobe.

And also I gave her some sizing information which to be honest. I wasn't really sure about because I haven't been clothing shopping in quite some time and as most. Women can tell you your sizing really changes based on the brand. So I wasn't really sure so I gave her kind of a range of what I thought I would be and so when I showed up she had all these things laid out.

And I immediately thought well some of these things are definitely not for me like the color is not right or the fit seems kind of not right and if you saw my Instagram stories when I was going through this you like I kind of took a shot of what this looked like and I saved it in the clothing section of my Instagram stories.

It's on my profile on Instagram. So if you want to see the kinds of things that were in the room with me, you can go and look on there but one of the things that I realized like immediately as how nice it was that I didn't have to pick out all this stuff. There were probably at least 25 things in the room that this woman had already picked out for me.

Now even though there were things in there that I thought I'm not really sure about this particular color Styler fit. She encouraged me to try everything on so that I could see what about it was the thing that I really didn't enjoy or maybe I would be surprised and I would find something that I really liked and what I really found helpful is I definitely had some things where I liked one element of it.

Like maybe I liked the fit of the top of a shirt but I didn't like how the bottom laid or I liked that it was a. Scoop neck versus a v-neck or I like to color more than another color, but I didn't like the fit so I could really kind of pull apart. What were the things that I liked about a piece and what were the things that I didn't?

And also it really encouraged me to playfully experiment with different kinds of things that I would not typically pick out for myself. Definitely different kinds of there were like lots of different lengths of different shirts and sweaters that I wouldn't necessarily have chosen. There were definitely colors that I wouldn't have necessarily chosen.

So I went through this first round tried on a bunch of stuff. She just left me alone and checked in every once in a while. And then when she came in again I said, you know, I have a Pinterest board and I'd actually been putting together a Pinterest board of what I called a kind of a minimalist wardrobe and I showed her the things in the room that I kind of liked and then I also showed her this Pinterest board and she said, okay, let me go grab some more stuff that I think could be a better fit.

So then she went out. And and kind of gathered I would say maybe a dozen more items that were a little bit closer to what I had in the Pinterest board. And then she also had me talk about particularly for the pants. What was working what was not working and I was able to kind of send her off to get something.

That was a little bit better. The thing that I think I really appreciated about this was often times when you go into a store like a Nordstrom or department store. You have kind of a sensory overload as you're going through these racks. There's a lot of people around you as we get closer to the holidays.

There's like music it's loud, you know, there's all these colors you're having to make all these choices and it was really amazing to just be in this room kind of dealing with a very small amount of stuff that I was relatively easily able to kind of reject certain things. Her other things and kind of actually visually separate the stuff that I don't really like is going on one side of the room the stuff that I think might be a fit is going on the other side of the room so that like lack of sensory overload was really helpful and it made the process a lot less stressful.

It was also really helpful to have a second opinion and now clearly The Stylist wants me to buy things. I mean like that is her job, but there were things that I was able to kind of ask, you know, Is this how it's supposed to fit and she would say, you know, no, I think we need to size you up or I think we need to size you down and it was also kind of interesting because some of the things that she brought in were things that were more on Trend and even if I didn't necessarily like them she was able to tell me like well, this is kind of what the trend is right now now I think that this one like really important thing about working with a stylist in my relatively limited experience, but you do feel a little bit of a pressure that they.

No more than you do and they know what's on Trend and they know the kinds of things you should be buying or that might look good on you and I really trusted myself in the situation to say even if something was on Trend, it didn't mean that I would want to wear it or that I would feel comfortable wearing it or that I would feel confident wearing it and a good example of this is when I was trying on pants several of the pants option she brought me.

We're a little bit shorter kind of what we used to call like high-water pants where they're up at the ankle and I just don't typically wear that style. I like to have pants that are longer and that cover kind of or cuffed at my shoe. And so I tried them on and she was like at this is the style.

This is on Trend. It looks really great. And I was like, yeah, but I'm just not convinced that I would wear this and especially in where I live right now. The climate is very wet in the winter. So I don't necessarily want to have my ankles. Too cold and rain, and it would change the kinds of shoes that I could wear and all that was like a factor in me helping to help myself decide if this was something that I would actually wear.

So I think it's really important to don't feel pressured to wear things just because the stylist says it's on Trend you would want to kind of decide will you actually wear it? Is it realistic for you for your body type for the climate that you're in? So those are all kind of things to consider. I also think it was really helpful for me to go in knowing what I wanted in terms of specific pieces.

And if you've been following me on Instagram stories, I've been posting a little bit about how I have been picking up certain pieces for my kind of minimalist closet in the past several weeks and especially several sweaters. I bought sweaters from L.L.Bean and I bought some other sweaters from The Loft and these have been pieces that I've been kind of adding an overtime because there's some really nice sales this time of year so I knew going.

That pants were really the thing that I wanted to walk out the door with and if I didn't get anything else like pants were really what I was looking for. So going in knowing certain kinds of pieces that you want. I think is really helpful. The other thing that was super useful about having a stylist there to help me was it was so easy to size up or down so if something wasn't quite fitting I could just hand it off to the stylist and she could go out and get another size and if the size wasn't available, it was really easy for her to you know, put in an order for something now.

My Nordstrom is not local to where I live part of the reason I schedule the appointment when I did was I was up in Portland for a conference. So it was helpful for me to do that when I was in town. So if it's something that's local to you that might be a little bit easier in terms of ordering but the other thing that they offer in a complimentary service is tailoring.

So if I had found something that wasn't quite right but I felt like I could tailor it that's something that they would offer as well. I think I mentioned already the good lighting and the mirrors in the room. That was really helpful to make sure that things were sized correctly and that I felt kind of comfortable and what I was wearing it was also really helpful to have a set amount of time.

So we only had an hour which was very efficient. I felt kind of. Not pressured but like definitely like I needed to kind of keep moving in terms of trying things on telling her something wasn't working so she could get me something else. I really wanted to make sure we had an efficient use of her time and my time so that was really helpful just to have that time limit and not feel like I was going to be at the mall for four hours, you know looking for pants.

Like I knew that I had a limited amount of time. The other thing that I think is really useful, especially if you shop and do a personal stylist appointment somewhere like Nordstrom is that they will bring you items of clothing that are way outside of your budget. So I was trying on like pieces that were five hundred dollars a piece and I was like, I'm clearly not going to buy this like this is not something that I would feel comfortable wearing out because I mean the first day I would wear it out.

I would spill something on it and it would just be ruined. So I was really interested in trying those pieces on to see if they felt drastically different than the pieces that were kind of more in my my budget that were in the room. And so it was just kind of interesting to have exposure to those that level of quality of pieces and I was actually kind of surprised at some of the things that were a little more spendy.

I didn't necessarily feel like they were that much greater. Quality, so I didn't feel bad at all about kind of going for the lower price items that I chose versus the higher-priced items that were brought into the room and the higher-priced items were mostly things like jackets like suit jackets and some of the pants and things like that were a little higher priced as well.

The other thing that I've definitely heard people talk about in terms of a tip if you're looking for a budget and somebody just talk to me about this like literally within the past two days when they heard that I was doing this is going in and taking pictures of what you like that if you feel like it's too expensive so that you can go and find it later somewhere else or you can go and find a similar look at another place that's going to be a little bit more within your budget.

So this is a good opportunity to kind of try and look for the kinds of things. That will be a good fit for you or that you like the style and just take a photo and do some research and see what else is out there. So that's definitely a tip that I heard and that I think is a great thing to remember in situations like this.

Okay, a few more things one is that a stylus can also help with things like shoes and accessories? This is not something I chose to do at this particular appointment partially because of lack of time. It is also notoriously difficult for me to find shoes at places like this because my feet are large I'm relatively tall and no one ever sources my size.

So I just decided to skip that completely so I don't have much to say about that other than they can help with it and she did offer and I refuse that. I do feel like having the Pinterest board when I was in the room was very helpful. And even though I just pulled it up on my phone and the images were relatively small.

She immediately got the idea of what I was looking for and I might have even LED with that or sent a link of that ahead of time. So that's something that I think to consider if you're doing something like this yourself is having something that you've curated is really useful. And the other thing that's kind of related to that is now that I've worked with this stylist.

Once she took notes as we were working through the appointment and she said at the end, you know, I do have a sense now of what you like if you want to come back and you can always text me or send me a link to a Pinterest board or something like that and I can pull some things that would be good for you.

So the whole idea of working with a personal stylist is that you would help them to help you by building a little bit of a relationship. Now, of course, they have a little bit of skin in that game because they're trying to get you to buy things but I do think that there is something to that of it's kind of like when you have someone who regularly cut your hair they get to know your style they get to know the products that work for you and you can kind of build that relationship a little bit so I thought that was kind of interesting.

So if you are interested in what I ultimately ended up buying I ended up with two pairs of pants one is gray and one is black. I currently alternate between a black and a gray pair of pants. So I know I wanted to replace those the ones that I had been wearing were many years old and they were doing.

Fine, but I was concerned that I would get into a situation where they would start to kind of break down and I would need something immediately. So I wanted to do it something a little bit more proactive the pan that I ended up buying were more expensive than pants that I typically would buy.

However, they're incredibly comfortable and the manufacturing of them is definitely different than the ones that I had before in terms of quality. So I'm very excited about that. I think they're going to last me for a while. They're also pants that I can wash myself so they don't need to be dry cleaned, which was another thing that I was looking for.

I also bought two other pieces while I was there one is a sweater that I really liked and it was kind of a it's hard to describe. It's kind of a beige color or very light cream and then it has like some Speckles on it. I'll post a picture. I did post a picture and Instagram so you can see it there, but I had kind of a mock turtleneck top to it

So it was good for the winter months that are coming and I don't really have anything like it in my closet. So I thought that was kind of interesting. And then the other piece that I bought is a another suit jacket to add to my collection. I don't have a ton of suit jackets and I have found that they're really difficult to

Like vines in a way that I like them. I was commenting to someone on Instagram who had made kind of specific mention of something about suit jackets that I feel like they just don't fit me very well and they make me look kind of like a minister or you know, like has someone in the clergy so I kind of an odd thing, but it's difficult for me to find one that I like

So I did find one that I liked and I thought it would be useful even though I don't wear a lot of suits to work for things like speaking. Each man's or things where I wanted to be a little more dressed up. So everyone has these pieces that kind of look good on everyone else, but you're not sure they look good on you

That's kind of how I feel about suit jackets, but I'm willing to kind of keep trying and see if I can make them work. So that is the update on how things went with a personal stylist. I didn't necessarily find kind of specific tips that I felt were really broad that I could share other than I think it's really important to pay attention to how things

Fit and it doesn't really matter if it looks good. If it doesn't feel good when it's on your body and if you're constantly like fussing with it or you're feeling uncomfortable. I definitely was thinking especially as I was trying on the pants what I be able to sit all day at my desk in my office and still feel comfortable at the end of the day if I was wearing these and some of them that was definitely not true

I knew that it would bother me and that there were certain pieces about the fit that were going to be challenging. So I think that you have to trust yourself about not just the style but the fit so it was really helpful for me to go to The Stylist appointment. I really enjoyed it. I thought it was a really good use of my time despite the fact that I was very tired going into it, but it really got balanced out because I did not have that sensory or cognitive

Overload. And I would absolutely recommend that you do this if you have this option locally. I know there are probably other stores that offer this as well. I think J.Crew maybe one of them in addition to places like Nordstrom. But if you do this, I would love to hear about it. I think the holidays when there's tons of sales is a great time to go and do this

And please feel free to email me a contact a kitty litter dot work tweet to me at Katie double underscore lender or contact me via Instagram @ KD underscore lender to let me know if you decide to do this and if there's anything I didn't cover that you have questions about let me know that as well

I'm happy to offer more information. So thanks so much for checking in with my personal stylist update and I will be back soon with another update on my progress for National novel writing month and answering a question with this week's life work QA. Thanks so much for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie Linder

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