



# HELLO, MY NAME IS KAMILA



I am a fashion visionary with the mission to create a meaningful fashion system that would benefit us all. After a short corporate career and 10 years of teaching supporting brands, giving speeches, organizing events, and publishing books I have realized that one piece of the puzzle is left out: the clients and their closets.

We have everything we can imagine today, yet most women are unhappy about their closets. And I believe that fashion is supposed to ultimately serve us. Protect us, please us, inspire us, and transform us from the outside and vice versa. I believe in a fashion system and wardrobes that benefit us all. That is why I became SLOW FASHION COACH. To show women around the globe how to create meaningful wardrobes.

In my work, I blend styling, coaching, psychology, and principles of circular economy and sustainable development.

Below you will find how I can deliver it to your company and your team.

~ KAMILA BOUDOVA ~

**EXPERIENCE  
SWAP PARTY**

Popular practice of circular fashion: everyone brings 5 pieces of clothing they no longer wear to exchange them. This experience represents an excellent first contact with sharing and the circular economy in a safe and entertaining setting, as well as the practice of wearing second-hand.

**WORKSHOP  
CIRCULAR  
FASHION  
WARDROBE**

A three-hour workshop to introduce circular fashion through practical examples and coaching exercises that can be directly applied in everyday life. This workshop is designed to bring about a change in mindset.

**WORKSHOP  
GAIN CONFIDENCE  
THANKS TO  
FASHION**

Three-hour workshop focused on well-being, personal freedom, and self-confidence using clothing as a tool for personal development. This workshop is designed to create, develop, and nurture self-worth.

~ KAMILA BOUDOVA ~





## SWAP PARTY

Fashion just become more fun and circular than ever.



We all know it: one person's trash can be another person's treasure. We all have items that we've worn only once, or perhaps never, but struggle to get rid of. We don't want to throw them away or spend time selling them online. So, we keep them in our closets, even if we never wear them.

However, the fashion industry produces millions of tons of clothing to satisfy our thirst for novelty. This has a significant impact on our planet and well-being.

It's time to share and wear what we already have.

What we provide:

- communication materials to introduce the concept and rules of the SWAP: posters, emails, and social media posts.
- Event production: selecting the starting pieces, hosting, collecting exchanged clothes, and setting up.
- Solutions for the remaining items.

~ KAMILA BOUDOVA ~

# CIRCULAR WARDROBE WORKSHOP

Integrating meaning and circularity into the way you dress.



The workshop includes the following topics:

- Why do you feel like you have nothing to wear despite having an overflowing closet?
- Case study: 5 years without shopping and still looking great.
- The vision of a circular wardrobe. How to always have something to wear.

What you will get:

- An activity that can be integrated into the objectives of quality of work life.
- A program for your team that includes CSR, well-being, fashion, and creativity.
- An CSR activity to add to your company's portfolio.
- Communication materials ready to be shared with your team and on social media.

~ KAMILA BOUDOVA ~

## GAIN CONFIDENCE THANKS TO FASHION

When we align our inner self with our appearance, a profound and timeless sense of self-worth and confidence arises.



Despite the popular belief that buying something new and expensive can instantly make us confident, it never lasts. True and enduring confidence in fashion comes when we use it as a tool for personal growth and establish a strong connection between our emotional state and appearance. That is why I created this workshop.

What we will cover:

- Why shopping doesn't truly boost your self-confidence.
- How to use fashion as a tool for personal growth.
- Practical exercises that will help your team immediately apply these principles in their daily lives.

Benefits of the workshop:

- Team members who are rooted, happy, and confident.
- More style and joy in daily life.
- Stronger relationships among team members through shared experiences.

~ KAMILA BOUDOVA ~



## CLIENTS' LOVE

Bringing joy, meaning and love to the wardrobes.



"It was just perfect and great for me. The energy Kamila gives away is simply unreal. I look at fashion completely differently now and I already know that it is not necessary to have a wardrobe full of clothes, but I only need a few pieces that are made from great materials and will last me for 10 years.

Big changes have taken place in my internal settings. I feel like a whole different person now."

Lenka M.

"I want to thank you for an amazing flawless incredible workshop. It was deep and enriching. Kamila is my shining star motivating people to think not only about themselves but also about our planet."

~Monika L.

~ KAMILA BOUDOVA ~

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