

# Stylist Elixir

Become A Fashion Stylist

Fashion Assisting 101: Your Step-by-  
Step Guide to Success

By Emily Susan Tighe

# **Fashion Assisting 101: Your Step-by-Step Guide to Success**

Fashion assisting is where most stylists start their journey. It's a role that gives you unparalleled exposure to the industry and lays the foundation for building your career. But while assisting is an essential step, knowing how to make the most of it isn't always straightforward.

That's why I created the Stylist Elixir Mentorship Program—to give aspiring stylists the insider knowledge, practical tools, and confidence to thrive. If you're ready to elevate your career, this guide will give you a glimpse into the foundational skills we explore in depth in the program.

## **What is a Fashion Assistant?**

A fashion assistant is the right hand of the stylist, ensuring every detail is in place. This role involves everything from sourcing and returning samples to assisting during fittings and shoots. While it might seem like behind-the-scenes work, this is where careers are built.

In the **Stylist Elixir Mentorship Program**, we dive deep into mastering these tasks, showing you how to stand out as an assistant and fast-track your path to becoming a stylist.

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# The Fashion Assistant's Checklist

## Before the Job

### 1. Understand the Project:

- Every shoot or fitting begins with a clear brief. In the mentorship program, I teach you how to interpret briefs effectively to impress both clients and stylists.

### 2. Prepare Yourself:

- Dressing appropriately and packing essentials like a lint roller, double-sided tape, and safety pins can set you apart. These details might sound small, but they're the difference between good and great assistants—a focus we emphasise in the program.

### 3. Organise Your Schedule:

- Time management is critical in styling. The program covers how to manage your schedule when juggling multiple jobs, ensuring you're always professional and prepared.

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## On the Job

### 1. Stay One Step Ahead:

- Knowing what a stylist needs before they ask is a skill we hone in the mentorship program. It's about understanding the flow of a shoot or fitting and being proactive.

### 2. Be Professional:

- Your attitude on set can open doors or close them. From how you communicate to how you carry yourself, the program guides you on making lasting impressions.

### 3. Manage Logistics:

- Sample management is crucial. In the mentorship program, we cover tools and techniques to track every item seamlessly, reducing stress and protecting your reputation.

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## After the Job

### 1. Tidy Up:

- In the program, I emphasise the importance of leaving a lasting impression by wrapping up every job professionally—from packing samples to writing thank-you emails.

### 2. Handle Returns:

- Returns are non-negotiable in this industry. You'll learn how to handle them efficiently and how to build strong relationships with PR teams and brands in the program.

### 3. Follow Up:

- Building relationships is everything in styling. In the mentorship, I'll show you how to leverage every job to secure your next opportunity.

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## How the Stylist Elixir Mentorship Program Helps

Fashion assisting is your first step, but it's not your end goal. What sets successful stylists apart is how they transition from assisting to styling—and that's where the **Stylist Elixir Mentorship Program** comes in.

With over 200 stylists mentored, I know the challenges you'll face and how to overcome them. The program doesn't just teach you what to do—it provides the tools, strategies, and confidence to take your career to the next level.

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## Pro Tips for Fashion Assisting


1. **Stay Organised:** In the mentorship program, I share real-life templates to track samples, budgets, and shoots. These systems save time and build trust with your clients.
2. **Be Adaptable:** Styling rarely goes as planned. Learn how to stay calm, pivot quickly, and problem-solve under pressure.
3. **Build Relationships:** Networking is key to moving up in this industry. The program shows you how to turn assisting jobs into lasting connections.

## How Fashion Assisting Builds Your Career

Being an assistant is about more than learning the ropes—it's about building a reputation. But knowing how to stand out and move forward can be daunting. That's why the Stylist Elixir Mentorship Program exists: to give you the guidance and confidence to go from assistant to stylist.

## What's Next?

If this guide has been helpful, imagine what we could achieve together in the mentorship program. It's designed to take aspiring stylists like you from the basics of assisting to landing your first solo jobs.

 **Join the Stylist Elixir Mentorship Program today to access insider knowledge, one-on-one guidance, and tools to transform your styling career.**

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# Fashion Stylist Mentorship Program

Thank you for reading our Step-by-Step Guide – welcome to the Stylist Elixir Community! We're here to support you as you build your career in styling, so don't hesitate to reach out if you have any questions.

For those who want to dive deeper, our 3-Day and 5-Day Mentorship Programs offer hands-on training and personalised guidance to help you master essential styling skills. Whether you're looking to refine your editorial vision, build a standout portfolio, or gain insider knowledge on celebrity and client styling, these programs are designed to fast-track your growth and prepare you for real-world success.

## Important Dates to Remember:

- **Enrolment is open for a sort period!**
- **Program Dates** – Sessions are scheduled for March 2025, with limited spots available:
  - 3-Day Program: 15th - 17th March
  - 5-Day Program: 24th - 28th March

We're excited to be part of your journey, and we look forward to supporting you every step of the way!

“

Jacqueline, USA

Emily is incredibly knowledgeable and straight to the point about what you do and don't need to make it in the industry. She is a wonderful mentor!

“

Kirsty Fynn, South Africa

Learning from Emily and being beneath her tutelage is not only a supreme privilege but truly an honour! Emily is not only kind, insightful and patient but deeply knowledgeable.

“

Jaypreeth Kaur, UK

Emily is so passionate about sharing her knowledge and teaching others and it really shows. Sharing things that would take years for us to learn otherwise, especially in this cut throat industry. This mentorship really exceeded my expectations



# 3 Day Program

## What You Will Learn

**15th - 17th March 2025**

### 01

#### **Foundations of Fashion Styling & Editorial Vision**

Start strong with the essentials of styling across various sectors, including editorial, commercial, and personal styling. You'll learn the unique demands of each area and create your first editorial mood board. We'll cover the role of a stylist, industry pathways, and how to build a network that supports your growth. By the end of day one, you'll have a clear direction and foundational skills to stand out in any styling field.

### 02

#### **Celebrity Styling & Client Dynamics**

Enter the world of celebrity styling and beyond! Day two dives into client management for celebrities, personal clients, and influencers, teaching you to adapt your styling approach for each. You'll work on a celebrity mood board, get hands-on with sample sourcing, and learn to manage fittings, budgets, and fast-paced client needs. By the end, you'll have the skills to craft unique looks that leave a lasting impact.

### 03

#### **Portfolio Mastery & Freelance Success**

Day three equips you with the tools to turn your skills into a career, focusing on portfolio building and freelance styling. You'll learn how to tailor your portfolio for editorial, personal, and commercial clients, pitch to secure jobs, and set up a freelance business. Finish the day with a professional portfolio plan and a strategy to navigate the freelance world with confidence.

[Stylist Elixir Mentorship Program](#)



# 5 Day Program

## What You Will Learn

**24th - 28th March 2025**

### 01

#### **Foundations of Styling & Industry Essentials**

Begin with a solid understanding of styling fundamentals across editorial, commercial, personal, and celebrity styling. Learn the key differences and demands of each field, while building a foundational editorial mood board. Day one covers the role of a stylist, industry pathways, and networking strategies to open doors. By day's end, you'll have a strong grasp of industry expectations and your initial creative direction.

### 02

#### **Advanced Mood Board Creation & Client Dynamics**

Explore mood board creation in-depth, designing advanced boards tailored for celebrity, commercial, and influencer clients. We'll dive into the nuances of client management, showing you how to adapt your styling approach for different personalities and public images. This day equips you with practical tools for sourcing, sample requests, and PR communication, giving you real-world skills to elevate any client's style.

### 03

#### **Editorial Styling & Portfolio Building**

This day is all about editorial styling and developing a portfolio that gets noticed. You'll build a complex editorial mood board that tells a story through fashion, styling looks that capture a distinct narrative. In the afternoon, we focus on curating and refining your portfolio to reflect your unique aesthetic and showcase your versatility across styling fields. By the end of the day, you'll have a cohesive and professional portfolio foundation.

04

### **Celebrity & Personal Styling Essentials**

Day four hones in on styling for celebrities and high-net-worth personal clients. Learn to style for red carpet events, public appearances, and personal wardrobes, all while managing client expectations and handling high-pressure situations. We'll also cover budget management and deal memos, giving you the confidence to style effectively under real-world constraints. By the end, you'll be prepared to create impactful looks for the industry's elite.

05

### **Freelance Success & Final Presentation**

Wrap up with the business essentials of freelance styling. From setting up your business to invoicing, contracts, and pricing, day five is about translating your skills into a successful career. You'll put it all into practice with a final project: a complete client pitch, including a mood board, styling selections, and client presentation. End the day ready to step into the industry with a powerful portfolio, essential business skills, and a clear vision for your styling path.

Stylist Elixir Mentorship Program

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