A New Hybrid Training Program
Women’s Fit & Sizing by MOTIF

Expanding a brand into high double-digit sizes comes with challenges. MOTIF looks at how to overcome the hurdles.

An 11-week hybrid learning program for a team of industry professionals that consists of self-paced online learning modules plus three virtual workshops and covers all aspects of fit and sizing for women’s apparel. The virtual workshops* are deep dives customised to a brand’s specific educational needs and allow the learners to put their challenges directly to industry experts.

Learners will be exposed to
- Detecting common fit issues
- Troubleshooting and correcting fit issues
- Principles of Inclusive Sizing
- Women’s body shape, body growth and sizing
- Best practise for adapting regular size to plus
- Principles of Garment Grading

Online Modules + Customised Workshops

Solving Fit Problems
- Defining good and bad fit
- What causes fit problems
- Problem detection and resolution
- Common issues and pattern corrections

Fundamentals of Plus Sizes
- Plus body types
- Fit and balance
- Aesthetics
- Key variables that impact overall garment fit

Fundamentals of Inclusive Sizing
- Definition of inclusive sizing
- Understanding the difference between plus and extended sizing
- Body shape implications
- Identify opportunities to adjust grading

Contact sales@motif.org to discuss your needs and pricing options.

*Customised workshops can be run virtually or in-person subject to applicable local travel restrictions.