
CHARLOTTE BROADBENT

CHARLOTTE  LOVES

AWARD WINNING STYLIST, TV
PRESENTER, SUSTAINABLE STYLE
EXPERT, SPEAKER, LECTURER.

CHARLOTTELOVES.CO.UK

KEY THEMES IN CHARLOTTE'S TALKS

HOW TO TAKE A
SUSTAINABLE APPROACH TO
FASHION

CHARLOTTE'S 5 R's;
REASSES, REDISTRIBUTE,
RESELL, REPAIR, RESTOCK.

IDENTIFYING BEST
SUSTAINABLE BRANDS

HOW TO INVEST IN BRANDS
THAT DELIVER TOP ROI

IMPORTANCE OF SECOND
HAND CLOTHES – HOW &
WHERE TO BUY

THE GROWTH OF RENTAL.

HOW TO STAY ON TREND
WITHOUT BUYING NEW.

DEBUNKING THE MYTHS
AROUND MATERIALS.

WHAT FABRICS TO AVOID &
HOW TO CHOOSE
SUSTAINABLE OPTIONS.



charlotte@charlotteloves.co.uk



SUSTAINABLE STYLE TALKS

HOW TO TAKE A SUSTAINABLE APPROACH TO FASHION

10% of all carbon emissions come from the fashion industry. 2nd most polluting sector. 85% of clothes end up in landfill & release methane gas, plus chemicals – 200+ years to decompose. Only 13% of textiles get recycled globally.

Adopt Charlotte's 5 R's REASSES, REDISTRIBUTE, RESELL REPAIR, RESTOCK.
How we can all contribute by playing our part in reducing the impact of fashion on the environment.

IDENTIFYING BEST SUSTAINABLE BRANDS

High Street vs luxury vs small independent brands vs bespoke. Deliberate measures against PEOPLE, PLANET, PROFIT (labour practices, supply chain transparency, animal welfare, fair wages, carbon emissions, materials). Beware of greenwashing.

HOW TO INVEST IN BRANDS THAT GROW OR RETAIN VALUE

Which investment brands, such as Chanel, can give us the best ROI or allow us to recoup our money after wear.

IMPORTANCE OF SECOND-HAND, RENTAL & SWAPPING.

Second-hand fashion will overtake fast fashion by 2029. The average lifespan of a modern-day item is only 3.5 years. We have doubled our consumption of clothing over the past 15 years. We now produce 150bn garments globally every year. 30% of clothing is never sold.

How to shop second-hand efficiently & effectively. Best second-hand websites/boutiques to buy and sell clothes, plus favourite rental brands.

Trends of the season. How to stay on trend without buying new.

Buy less Buy better,

MATERIALS MATTER

80% of a brand's environmental impact occurs at design stage from the materials sourced & extracted. Debunking the material myths. How to identify the most sustainable materials. Positives & negatives of materials. What do the labels mean?

Plant; Hemp, linen, cotton.

Tree; lyocell, viscose, rayon.

Animal; silk, cashmere, wool, leather.

Oil; polyester, nylon, acrylic, spandex.

GOTS, BCI. Recycled fabrics.

How brands are using dried apple, dried pineapple, milk & mushrooms to make products.

WORST OFFENDERS

Which items should we reduce our consumption of or avoid altogether.

Discuss denim, jeans, polyester, tights, puffer-coats.

Sustainable & ethical products are more expensive. The cheaper the item, the worst the offender.

CHARLOTTE  LOVES

CHARLOTTELOVES.CO.UK

CHARLOTTE@CHARLOTTELOVES.CO.UK