



# ReFashionized

Fashion Evolution towards Sustainability

## WORKSHOP PLAN UNIT 9

By Catwalk



Jugend- & Kulturprojekt e.V.

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## TRAINER'S CORNER

# THE HISTORY OF FASHION BOOKLET UNIT 9

1980s and 1990s  
More is more

## WORKSHOP PLAN

DEVELOPED BY CATWALK

# THE HISTORY OF FASHION BOOKLET

## UNIT 9: 1980S AND 1990S- MORE IS MORE – WORKSHOP PLAN

### Table of Contents

1. General Instructions	3
2. Workshop Plan Template	4
Introduction	5
Workshop Objectives	5
Preparation	6
Methods	7
Icebreaking Activity	8
Workshop Plan	8
Evaluation	10
Facilitator's Notes	10
Theoretical Framework	11
❖ Introduction	11
❖ The Glam of the 1980s (introduction)	12
❖ Yuppies and Punks (introduction)	12
❖ Technological advancement (introduction)	13
❖ 1990s: The change to Minimalism (introduction)	13
❖ The grunge style (introduction)	13
❖ The supermodels (introduction)	14
❖ Conclusion	14
Additional Notes	15
External resources	15

## 1. General Instructions

This comprehensive Workshop Plan will provide a structured framework for implementing workshops that delve into the dynamic relationship between fashion and pivotal events/changes throughout history.

By following this plan, youth workers will obtain an overview of a possible structure to follow in the implementation of a workshop that combines and explores the connections between the history of fashion and the PESTEL framework. It aims to equip youth workers with the tools and resources needed to facilitate thought-provoking activities and interactive workshops focused on the impact of fashion on society.

On the other hand, more details on the activities foreseen and mentioned in the Workshop Plan are found in [Activity Sheet Unit 9](#).

## 2. Workshop Plan

Unit Reference Code	<i>History of Fashion Booklet: <b>Unit 9</b></i>
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Title	1980s and 1990s – More is More
Workshop Duration	3 hours 30 minutes circa
Target Groups	Young people aged 16-25

Introduction
The main topics of the following workshop plan and the unit that refers to are:
The participants will navigate through the 80s and 90s, discovering their political, economic, social, technological as well as environmental implications. Between economic prosperity and globalisation, fashion underwent deep transformations, facilitated by social changes and technological advancements. This and beyond are included in this workshop, where participants will have the chance to explore

these concepts through activities that promote critical thinking and active participation.

## Workshop Objectives

Identify the skills and learning objectives acquired during the workshop.

At the end of the workshop, the participants will:

- ✓ Explore the impact of the PESTEL factors that shaped the fashion of the 80s and 90s;
- ✓ analyse the emergence of new trends and innovations in fashion brought by advancements and discoveries of the 80s and 90s;
- ✓ Identify and discuss the social implications of key fashion trends of 80s and 90s such as power dressing, the glamour style of 80s, yuppies and punks, grunge and hip-hop fashion.
- ✓ Compare and contrast the distinct fashion aesthetics of the 80s and 90s, highlighting changes and similarities in style, silhouettes and attitudes of the decades.

## Preparation

Describe the preliminary steps to follow to properly prepare before the workshop or some expedients to organise the place for the implementation of the activity.

To implement the current workshop plan, the trainers are encouraged to familiarise themselves with the historical events of the 80s and 90s, their trends



and influences, improving their understanding of the connections between the events of those years and the fashion innovations.

The workshop preparation might be facilitated by referring to the following checklist:

- ☐ write down relevant dates and events to develop a timeline of the events and their importance;
- ☐ prepare the space or tools required during the activities before the participants' arrival
- ☐ organise beforehand a trial run of the equipment/technology (projector, screen, microphone if used) to ensure a positive educational experience for all the participants
- ☐ prepare yourself in advance with the points you consider essential to bring out and gaining confidence with the agenda of the workshop
- ☐ have at your disposal "emergency" questions or fun facts to play out if the participants show tiredness or lack of engagement
- ☐ gather the materials necessary for the activities and arrange them according to their order in the agenda. Remember, lack of organisation is palpable and engagement might be affected.

## Methods

Describe the methodology used to ensure a learner-centred approach. Some possible workshop methods are presentation, discussion, team activities assignment, self-reflection and assessment, role-playing, case studies, storytelling, etc.

This workshop is designed to stimulate the learner-centred approach which views the learners as active agents (Caroline, 2023). This suggests the participants' direct involvement in the learning process combining the theoretical part with individual or group project collaborations such as discussions, gamification, art

creations and so on. With an overview of the historical background and fashion trends of the 80s and 90s, the trainers will deliver PowerPoint presentations enriched by compelling visuals and customised activities. These strategies are designed to ensure the learners' engagement in the learning process while boosting soft skills and the ability to work alone and in groups. This type of learning enables the facilitators to respect the diversity of the students, create an inclusive environment and support learners' self-expression through art and discussion.

## Icebreaking Activity

Suggest 1 icebreaker linked to the topic of the unit to create a friendly and comfortable environment for the learners/participants.

The facilitator is encouraged to check the list provided under [Unit 9\\_Annex I](#) and familiarise themselves with the names provided and the relevant facts.

If preferred, facilitators can add or change the names, tailoring the activities to their knowledge and preferences.

Following, prepare cards with the names of the famous personalities. Take tape and pins for participants to hang the cards on their chests.

Ask the participants to place themselves in a circle.

Once every participant gets their card, the facilitator calls out a fact. If participants believe that this fact matches their card, they must jump.

If they do not jump at the right time, the facilitator might ask them to perform something funny (sing a song, dance, challenge, etc.).

Conclude the game by asking the participants to share their knowledge of the personalities of the cards and their relation to fashion.

## Workshop Plan

Nr.	Activity name (title and brief description)	Duration (min.)	Method (presentation, discussion, roleplay, storytelling, gamification, art creation, etc.)	Materials (paper, pencils, boards, laptop, speakers, chairs, etc.)
1	<a href="#">Introduction</a>	10	Presentation	//
2	<a href="#">Fashion Jump</a>	15	Ice-breaking	papers/cards markers/ pencils pins/tape
3	<a href="#">Women dress for success</a>	15	Presentation	PowerPoint presentation, laptop, screen, projector
4	<a href="#">The Glam of the 80s</a>	10	Presentation	PowerPoint presentation, laptop, screen, projector
5	<a href="#">The Glam of the 80s</a>	40	Art, research, public speaking	→ <u>Online</u> : laptop  Internet connection  screen to display the final results  → <u>Practical</u> : magazines or printouts;



				scissors, glues:  pencils, markers;  flipcharts or papers
6	<a href="#">The Glam of the 80s - expressing your true self</a>	20	Presentation	PowerPoint presentation, laptop, screen, projector
7	<a href="#">The 90s Trends</a>	20	Presentation	PowerPoint presentation, laptop, screen, projector
8	<a href="#">Subcultures and representation</a>	50	Debate, Research, presentation, visual representation	Laptop, Internet
9	<a href="#">Feedback map</a>	10	Mind map, feedback	flipchart or board; papers; markers/ pencils or chalk
10	<a href="#">Conclusion</a>	10	-	-

## Evaluation

Describe an evaluation activity that could be implemented to collect feedback from participants to assess the workshop's effectiveness and identify areas for improvement.

Arrange the room for the participants to freely move around. Display in different parts of the room a flipchart or a board with the areas of evaluation.

The areas to evaluate are the following:

- content quality;
- facilitator's effectiveness;
- workshop structure;
- learning materials; and
- interactive activities.

Participants will stroll around the room to leave their comments on the various areas suggested. Facilitators should encourage open communication and honesty, trying to ensure participants' privacy.

## Facilitator's Notes

Reflect on the effectiveness of the workshop. Use this section to make notes for future adjustments. Below you can find some inspiring questions to guide you in the self-reflection process.

- ❖ Have the activities implemented met the objectives of the workshop?
- ❖ Were the learning objectives clear and understood by the participants?
- ❖ Were the learning objectives pertinent to the content presented?
- ❖ Were the participants equally engaged in the activities?
- ❖ Was a safe environment created for the participants to express their concerns and doubts?
- ❖ How would you rate the effectiveness of the learning process of the participants?

- ❖ Have you noticed participants struggling to understand some topics more than others? If yes, which topics? how can this be solved?

## Theoretical Framework

This section serves as the introductory page for the theoretical presentations. Here, we offer a summary and overview of the theoretical components integrated into the [workshop plan](#). Its purpose is to guide youth workers and trainers regarding the topics covered in activities that *do not* follow non-formal education methods.

The content outlined here is also included in the PowerPoint presentation.

### ❖ Introduction

Welcome to our workshop which delves into the fashion of the 1980s and 1990s through the lens of history. During this workshop, we will travel together through two iconic decades of fashion history filled with bold styles, cultural transformations and outstanding trends which to this date still influence our fashion choices. Get ready to explore how fashion evolved during these dynamic decades influenced by music, movies and societal changes and how it was impacted by political, socio-economical, technological and other external factors of those times.

To make this journey exciting and engaging, we will be using presentations, various activities and group discussions to help you explore the vibrant and eclectic world of 80s and 90s fashion.

### ❖ Women dress for success

As more women entered professions traditionally dominated by men, they began to emulate male business attire, adopting a style that conveyed authority while incorporating elements of their own sexuality. In many industries, this approach became the norm for women striving for success. (Reddy, 2020). One of the strongest looks of the 1980s was power dressing. In 1977, John Molloy published his book "Women Dress For Success".

### ❖ The glam of the 80s

The 80s was a decade of cultural transformation and expression of individuality and what better way to make it vivid than fashion choices? In modern fashion history, these years were the most fashionable and glamorous decades filled with exaggeration and statement-making styles highlighting bold colours and accessories, crazy patterns, and extravagant details.

### ❖ The glam of the 80s - expressing your true self

Two iconic movements that will forever remain as the symbol of the 80s were the **Yuppies** and **Punks**. On one side, young professionals with a taste for luxury and defined by their career-driven ambitions; on the other side, a subculture valuing non-conformity, and rebellion, embracing individualism and self-expression. Other trends of the decades were influenced by sports clothing and the power suit also in men's fashion.

### ❖ The 90s Trends

While rolling into the 90s, fashion sparked a wave of minimalist looks by breaking away from the big volumes and exaggerated styles of the 80s. With the rise of globalisation, the 1990s fashion world borrowed influences from Asian cultures, the Western world incorporated "Orientalism" in its trends, and vice versa the Western fashion trends travelled all over the world.

This period was characterised by its eclectic mix of styles and a push towards individuality. It was a decade that embraced bold experimentation and a laid-back, casual approach. Designers promoted different styles, while supermodels characterised the fashion history of this decade.

Iconic figures such as **Cindy Crawford, Naomi Campbell, Claudia Schiffer, Kate Moss and Linda Evangelista**, reveal their unique style and contributions to the fashion industry.

### ❖ Conclusion

#### 1980s:

As we reflect on the 1980s fashion, we see a decade defined by its diversity and eclecticism. Whether it was the power suits of Wall Street or the casual-inspired looks of the music scenes, the 80s had an offer for everyone. This era continues to inspire nowadays fashion trends, reminding us that style is not just about

clothing but also about expressing individuality and reflecting the spirit of the times.

### 1990s:

The 1990s were a decade of even more diverse movements reflecting the opportunities offered by globalisation. From the minimalist elegance of high fashion to the grunge rebellion of the alternative music scene, the 90s were also iconic years for the rise of supermodels.

## External resources

Add any external resource that can be used to enhance understanding of the topic and support the implementation of the workshop.

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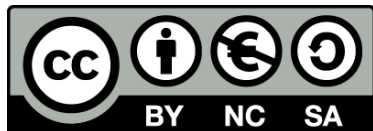
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**Co-funded by  
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Project Reference Number: 022-2-DE04-KA220-YOU-000101981