



Dress for Success

Whatever the job, you want the interviewer to remember you for your personality and performance, not as the one with the garish tie, short skirt, or nose stud. Once you have the job, you can wear whatever the employer approves of. But you need to get the job first - so play safe! If you look really smart it will give a big boost to your confidence.

Many employers will be decided against hiring a candidate due to the way they were dressed. Traditional formal interview dress is the most likely to impress them whereas casual clothes are the biggest turnoff.



- ✔ Attract, don't distract. Wear a fashionable suit or dressy tailored separates that appear as a well-coordinated outfit that fits you well.
- ✔ Long sleeves are essential for a take-me-serious look.
- ✔ Wearing socks or tights is non-negotiable. Bare feet or legs do not command respect in a business environment.
- ✔ Put Your Best Foot Forward. Shoes are a strong indicator of your attitude. For business wear, shoe styles must be closed-toe and closed-heel and they must be in mint condition. Nicked heels, scruffy toes, or unpolished footwear scream failure.
- ✔ Look Successful. A successful image attracts greater success. Buy the best quality clothes and accessories that you can afford. Dress for the job you want, not the one you have.
- ✔ Wear a watch; it suggests good timekeeping and adds to any business image - male and female.
- ✔ Exude Confidence. Stand tall, with your shoulders back. To be perceived as confident, women must wear tastefully applied makeup. In our society, well-applied makeup conveys high self-esteem and confidence. It says that you pay attention to details. For both men and women, be sure to wear a smile.
- ✔ A stylish haircut is essential to a professional image. A great hair cut saves you time and is far easier to style.
- ✔ Breathe powerfully. Stress shows in your body via your breathing. The more stressed you are, the more shallow your breathing tends to be. Take time to do breathing exercises. Let your mind go, and breathe in and out - from your lower abdomen - for three minutes at a time. Then watch your energy be revitalized. You will look refreshed and have improved posture.