Dress for Success

- “The way you dress tells the rest of the world how you expect to be treated.”
  Clinton Kelly

- “The apparel often proclaims the man.”
  William Shakespeare

- “Dressing well is a form of good manners.”
  Tom Ford
First Impressions: How are you judged?

- **Appearance and body language:** 55%
- **How you talk:** 38%
- **What you say:** 7%
How important is it?

► Studies show that it can take 21 repeated good experiences with a person to make up for a bad first impression.
Don’t forget these 3 important things:

- Maintain eye contact. This simple gesture shows that you are confident, friendly, and positive.
- Shake their hand. Extend your hand first, have firm grip, and be the last to let go.
- Smile. “Of all the things you wear, your expression is the most important”

Janet Lane (famous author)
Women

- Wear: dark colored jackets with matching shirts or slacks. Choose closed toe dress shoes with a 2 to 3 inch heel and plain hose. Make sure that your hair and nails are well groomed.

- Do not wear: short skirts, lingerie-style blouses under suits, mule shoes, ponytails or braids, gaudy or flashy jewelry.
Examples for women:
Men

- Wear pants that fit you at the waist.
- Choose loafers with dress pants or khakis.
- Be sure that your belt matches your shoes.
- If you have a trim physique, wear a tailored dress shirt.
- Choose a full-cut shirt for a larger physique.
Examples for Men:

DRESS CODES

Business - Formal  Business  Business Casual  Smart Casual  Casual
Dress for Success Interview Tips

- Ask what the dress code is in advance.
- It is always better to overdress for an interview, instead of underdress.
- Stay away from any trendy clothing or unusual styles.
- DO NOT wear perfume or cologne. Many people are allergic.
- Do not smoke or drink alcohol before the interview.
- Don’t chew gum.
- Arrive on time.
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