

PROFESSIONAL DRESS FOR SUCCESS CHECK

- ☑ Before people hear you and get to know you, they see you first. Are you making a favourable first impression?
- ☑ Professional look is about attention to detail. Does your visual brand support or sabotage your talents? Your presence is never neutral.
- ☑ Stand out from the crowd. Buy the best quality you can afford. Add polish to substance and be memorable.

Sweat marks, body odour, bad breath, food stains, heavily oiled and spiky hair, unshaven look, dirty nails speak louder than your resume.

A quality jacket will fit you well in the shoulders. Colour 'black' is not appropriate for day time.

At least 1 cm of shirt cuff needs to show from the jacket sleeve. Same goes for the shirt collar that should be visible from the jacket at the back of the neck.

Your trousers need to be long enough so that the hem just brushes the heel of the shoe.

Bad shoes and you don't stand a chance.

At a minimum your dress for success wardrobe should include: A well-fitting suit, quality shirt, silk tie, leather organiser, good pen, gold or silver watch, long socks (no bare skin when sitting), leather shoes on fine sole.

If you don't like the ties, don't wear one. If you do, wear it right. Always tighten the knot.

The width of your tie and size of your knot should be in proportion to your body built.

The bottom of the tie should just touch the belt buckle for the correct look.

Stay away from double-breasted jackets & pleated pants. They belong to the 80's.

