

WHY DOES IT MATTER

- First impressions are important
- How you dress says a lot about your professionalism



BEST ATTIRE FOR WOMEN



- Simple hairstyle and natural makeup
- Navy blue, grey, or black classic cut suit
- White, beige, or soft blue shirt
- Comfortable yet classy shoes

BEST ATTIRE FOR MEN

- Don't use too many hair products that can make hair look greasy
- Dark classic cut suit that's well-fitted
- White, collared shirt
- Dark socks and classy, comfortable shoes



THINGS TO AVOID



- Don't be messy, unhygienic, or unkempt
- Don't wear heels that are too high
- Avoid clothing with distracting logos
- Don't dress too casually
- Avoid very bright colors and combinations

TIPS

- Keep it simple and professional
- Don't try new styles or hairdos
- Don't overuse cologne or perfume



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Interview Attire Tips

- **Do** Have a dress rehearsal. **Do** test wear your outfit – make sure you are comfortable sitting, walking and standing in it.
- **Do** get your outfit ironed and dry cleaned – have your clothing looking as polished and professional as you are.
- **Don't** overdo the cologne and perfume. Many people are sensitive or even allergic to scents and it will be the first thing that greets the interviewer – when it should be a good handshake and eye contact.
- **Do** accessorize – jewelry and accessories offer a way to express your self – but keep the bling to a minimum. Pay attention to the details, wear a smart belt – nothing too bedazzling. Think smart, no tacky ties from auntie Flo from Christmas.
- **Do** splurge on a power suit. It will pay for itself.
- Grooming – the aim here is to look tidy and refreshed. **Do** wear make-up that makes you feel your best, but is not overpowering – best keep to natural shades.
- **Do** polish your shoes. Take a tip from British royals on this one, **don't** show off your toes.
- **Do** wear understated makeup in natural tones.
- **Don't** wear too much makeup. Overdone eye shadow, heavy eyeliner and brightly-colored lipstick make you appear frivolous and unprofessional.
- **Do** ensure your nails are clean and manicured and only wear neutral polish.
- Unless the job is in a very informal environment men should have a traditional haircut and shave before the interview. A clean shave makes the right impression. If you really want to retain your facial hair make sure it is neatly trimmed.
- Job interview clothes should fit properly and not be too tight.
- Low neck-lines, transparent fabric and bra straps on display should be avoided. Good tips on job interview attire for women.
- Men should avoid wearing baggy interview clothes. Sweats and clothes that are too big create an impression of untidiness.
- Wear closed-toe, medium to low-heeled shoes such as a pair of black pumps.
- You should be able to walk comfortably in your shoes and appear confident and at ease.
- Very high-heeled shoes are unsuitable.
- Avoid brightly colored and trendy shoes - you are not there to make a fashion statement.