

# CANDIDATE DRESS FOR SUCCESS CHECK LIST

- 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.