

# Dressing for Success

There is one general rule when it comes to what to wear during an interview: Dress up! By doing so you are telling the interviewer that you are serious about both the job and yourself.

We have listed a few tips and suggestions which may help you decide what to wear.

If in doubt, do a full dress rehearsal before the interview and get a second opinion from a friend or family member.

**Look Successful:** A successful image attracts success. Buy the best quality garments and accessories that you can afford. Have goals to get ahead and work them by dressing for the job you want, not the one you have.

**Be on time:** Wear a watch on the day, set up alarms on your mobile...basically, do anything that works for you and which will ensure you arrive at your interview on time.

**Exude Confidence:** Stand tall, with your shoulders back. For both men and women, be sure to finish your face with a smile.

**Remember to breathe:** Accumulated stress shows in your body via your breathing. Take long, deep breaths and try to stay focused and calm.

## Women's Interview Attire

- Solid color, conservative suit
- Coordinated blouse
- Moderate shoes
- Limited Jewellery
- Neat, professional hairstyle
- Sparse make-up
- Go very light on perfume or don't wear any at all
- Manicured nails
- Skirts should be knee to mid-calf length (they pull up at least 5cms when seated)
- Classic handbag or briefcase in matching colour and quality (only one piece)
- A smile

## What Not to Bring to the Interview

- Chewing gum
- Mobile phones
- Ipod
- Coffee or soft drinks
- If you have lots of piercings, leave some of your rings at home (earrings only, is a good rule)
- Cover your tattoos

## Mens Interview Attire

- Solid color, conservative suit
- White long sleeve shirt
- Conservative tie
- Dark socks, professional shoes
- Very limited Jewellery (limited to watch and ring)
- Neat, professional hairstyle
- Go easy on deodorants and fragrances
- Clean & neatly trimmed nails
- Portfolio or briefcase
- A Smile

## **“The Night before” Tips**

- Before you even think about going on an interview, make sure you have appropriate interview attire and everything fits correctly
- Get your clothes ready the night before, so you don't have to spend time getting them ready on the morning of the interview
- Review the job ad, your resume as well as do some research on the company (if you haven't done so before)
- Polish your shoes
- Bring a breath mint and use it before you enter the building

