Professional Dress/Appearance

Most speeches are given to people who have never met you. Making a good first impression is critical. When you stand in front of a group of people, all eyes are on you and you want to meet their expectations. Do you know what makes up a professional appearance? Professional dress is not the same as club attire, or dressing for comfort. You should dress in a way that distinguishes you from your audience.

Professional dress can vary a little, but lawyers, news anchors (men and women), men and women in the corporate world, and politicians dress in professional attire.

**Professional options:**

Men: Suit & Tie, khaki pants and sports jacket and tie, dress shoes

Woman: Dress with a sweater or jacket, skirt with blouse and jacket or sweater, heels of moderate height, or flats

**Unprofessional options:**

T-shirts, Jeans, Hoodies, Tennis shoes, Yoga Pants, Stains and wrinkles on clothing, Flip-Flops/“Uggs”

Professional appearance also requires that you be properly groomed. Think about when you got your senior pictures. Neon green mohawks are- surprisingly- not considered professional. Think about your piercings, tattoos, facial hair, etc. While you have the right to have a tattoo, as many piercings as you like, and as much facial hair as you want, your audience will judge you on your appearance. There might be people listening to you who are not comfortable with tattoos or nose piercings. You don’t want to provide any type of distraction for an audience member.