

CANDIDATE DRESS FOR SUCCESS CHECK LIST

* Looking your professional best for the interviews does not happen by itself. You need to plan for it, you need to budget for it and you need to shop for it.

* If what you intend to wear has been in your wardrobe for more than 3 years, ask yourself: 'Does it make me feel and look like million dollars?'

* Research, research, research. What do the role models in the company and/or industry tend to wear? Dress not for now but for the position you want to have in 5 years.

Women who wear make-up earn 23% more than those who don't, according to research*. Lipstick is a bare essential.

Sweat marks, body odour, bad breath, crushed clothing, poor hygiene speak louder than your resume. Don't give them a chance.

Always wear pantyhose even in summer.

Accessories are important in finishing off the look. Remember though anything that dangles, moves or distracts attention in any other way is not appropriate. Less is more!

Nothing dates you quicker than old glasses. If you wear spectacles, wipe them well before the interview.

At a minimum your dress for success wardrobe should include: A well-fitting skirt suit, an elegant top or a smart shirt, pantyhose, leather bag, nice folder, quality pen, simple accessories & court shoes.

If your hair is not right, you won't look your best regardless how hard you try. Find the style that works for you. If you are young & fun, keep it neat. Over 40? Keep it short.

You can tell a professional by her hands. Visit a manicure salon or do your own. The devil is in the detail.

The more skin you show, the cheaper your look. Beware of plunging necklines, open-toe shoes, bare shoulders and exposed midriffs. If your skirt length is two fingers above the knee, leave it for the night club.

