Professional Dress Male (Guide)

Neat, fresh haircut

White or Light Blue
Ironed Shirt

Shoulder seam should rest on shoulder edge

Windsor knot w/dimple

Pocket handkerchief one square fold neutral color

Sleeve should be wrist length

Single breasted jacket 2 or 3 buttons

Flat front No darts belts should match suit

Well Creased Pants not too baggy

Pants fall so there's a slightly broken crease

Polished Black or Brown Shoes

Please note:

1. This is the highest standard for professional dress (e.g. vest not necessary).
2. Basic standard professional dress includes a pants, shirt, tie and jacket (varies with corporate culture)
Professional Dress Female (Guide)

Polished, neutral colored make up

Shoulder seam should rest on shoulder edge

Complementary Camisole, shirt or blouse

Neatly groomed hair

Sleeves wrist length

Neutral colored, trimmed polished nails

Fall flat. No bunching across legs

Knee Length 2 max 3" black or brown heel to complement suit

Please note:
1. Pants for women follow the same rules as men and should not fit too tight
2. You should have no visible undergarment lines
3. While this suit has a belt, suits vary with design.
4. Always do a sit test for your skirt to ensure that it is max 2 inches above your knee
5. Business casual could be created using separates and sometimes no jacket
Business Casual Options

Most work environments may prefer covered arms so wear a cardigan or jacket.

Business casual on average would be chinos and a shirt. Variations depend on corporate culture.

Sources:
http://bananarepublic.gap.com
http://shop.nordstrom.com

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Sources:

www.esquire.com
### Use Color to Your Advantage

<table>
<thead>
<tr>
<th>COLOR</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>Power, wealth, authority, <em>if used in excess</em> - intimidating, unfriendly.</td>
</tr>
<tr>
<td>White</td>
<td>Creativity, efficiency, simplicity, fairness, order, reverence</td>
</tr>
<tr>
<td>Blue</td>
<td>Safest color, honesty, trust, dependability, <em>also</em> depression</td>
</tr>
<tr>
<td>Gray</td>
<td>Neutral, conservative, security, reliability, intelligence</td>
</tr>
<tr>
<td>Red</td>
<td>Bold, high energy, strength, call to action, <em>also</em> aggression</td>
</tr>
<tr>
<td>Brown</td>
<td>Strong, reassuring, comforting, reliable, endurance</td>
</tr>
<tr>
<td>Indigo</td>
<td>Powerful, strength, integrity, sincerity, structure</td>
</tr>
<tr>
<td>Pink</td>
<td>Compassion, nurturing, non-threatening, feminine color</td>
</tr>
<tr>
<td>Purple</td>
<td>Royalty, wealth, quality, fantasy, creativity</td>
</tr>
<tr>
<td>Gold</td>
<td>Value, luxury, prestige, wisdom, beauty, generosity</td>
</tr>
<tr>
<td>Orange</td>
<td>Adventure, inspires enthusiasm, optimism, sociable, affordability</td>
</tr>
<tr>
<td>Magenta</td>
<td>Practical, spiritual, compassionate, kind, balance, common sense</td>
</tr>
<tr>
<td>Silver</td>
<td>Modern, sophistication, calming, uplifting, mystery</td>
</tr>
<tr>
<td>Yellow</td>
<td>Uplifting, analytical, clarity <em>also</em> dishonesty, cowardice</td>
</tr>
<tr>
<td>Green</td>
<td>Nature, money, health, healing, compassion, balance</td>
</tr>
<tr>
<td>Turquoise</td>
<td>Balances, rejuvenates, inspires good communication, self-expression, feminine color</td>
</tr>
</tbody>
</table>

Sources:
- [http://www.incredibleart.org/lessons/middle/color2.htm](http://www.incredibleart.org/lessons/middle/color2.htm)

### Budget Resources:

1. Ross
2. TJ Maxx (in store/online)
3. Target
4. Marshalls
5. Kohl’s
6. 6pm.com
7. Overstock.com
8. Consignment stores

*If you wish to shop in regular priced department stores you should strategically shop when there are discounts, semi-annual sales, and look for coupons. It is also a great idea to focus your requests for Birthday or Christmas gifts on gift cards or shopping trips for professional dress items.*

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