

HERE'S
HOW TO
PICK AN
OUTFIT
THAT WILL
GET YOU
HIRED

THE RIGHT LOOK

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Nothing is more
unnerving
than walking
into a job
interview. When it comes
to making a solid first and
lasting impression, your
visual resume is as impor-
tant as the one printed on
that fancy ivory
paper.



Pick the right outfit and “walking in you send an instant signal that you’re serious,” says Mary Lou Andre, who runs DressingWell.com, a wardrobe and fashion consulting firm in Needham.

Andre, author of the book “Ready To Wear: An Expert’s Guide to Choosing and Using Your Wardrobe,” advises to make fashion choices that amp up confidence — something that is always en vogue.

“Style is a very strong communicator,” Andre says. “It lets people know you are a current thinker.”

To differentiate yourself so you actually get hired, Andre tells clients to follow the “Four Good F” words:

fit, fabric, function and flair.

“A well-functioning wardrobe can put you at ease,” Andre says.

Her final piece of advice: “Put that hand out. Make eye contact and own your power.

Lisa Duncan gets some fashion help as she starts the search for a new career. Fashion consultant Mary Lou Andre helps her find business professional outfits and accessories at Lord and Taylor in the South Shore Plaza.

THE FOUR GOOD F WORDS



2 FUNCTION

Develop a look to match your lifestyle, Andre advises. “Take core pieces through the paces of your typical day.” If you’re a commuter, consider a good tote bag to store pumps for a quick change. Make sure that cute slit in your skirt doesn’t reveal too much when you’re seated. And don’t make outerwear an afterthought. “You might ride the elevator with the person you’re interviewing with.” Select protective and sharp jackets and coats for each season.



4 FLAIR

Master the first three “F” words, then add your own accoutrements such as a pop of color, jewelry or scarf. And remember, a little accessorizing goes a long way.

FIT

Ill-fitting clothing sends a negative message. If clothes are too big, “you’re literally drowning,” Andre says. Too tight and you’ll feel restricted. “Proper fit is the single most important factor in wearing your clothes well.”

1



FABRIC

Stiff and heavy fabrics are passe, Andre says. Seek textiles that enhance a polished appearance. “If you sweat when you’re nervous, you need fabrics that breathe.” Opt for lightweight wool and 100 percent cotton dress shirts. Avoid fabrics that easily wrinkle, like linen.

3





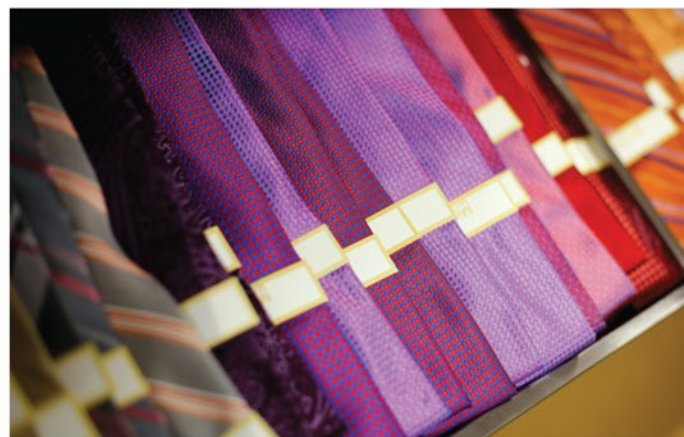
MUST-HAVES

MEN

- dark suit in black, navy, gray or brown
- a modern blazer
- crisp cotton dress shirt
- tie
- dress shoes

WOMEN

- black jacket
 - pants
 - skirt
 - dress
 - cardigan
 - shoes you can walk in
- "You're not smiling if you're feet hurt," Andre says.



IN A JOB INTERVIEW

FASHION DO'S

- Make sure everything is **wrinkle-free** and without stains or holes.
- Never underestimate the **power of the jacket**. It should be fitted and in good repair. "It's a garment that communicates good business."
- **Blue** is a color that looks great on every skin tone.
- **Tone down makeup**. A little lipstick and mascara freshen the face.
- **Look organized**. Carry a portfolio binder with pens, resume, etc.

FASHION DON'TS

- Don't wear **jeans**, even if they're nice.
- Don't wear too much **perfume or cologne**.
- Don't be afraid of **overdressing**. It shows respect for the process.
- Don't wear **ill-fitting clothes** that wear you.
- Don't show **too much skin**. Watch necklines and hemlines.

