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2025

# Dressing for Interview

Mont Rose Guide to

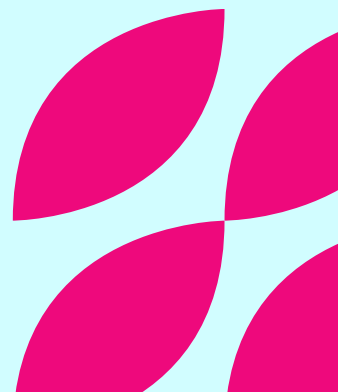


# Dressing for Interview: A Mini Guide

An interview is your chance to show employers that you are capable, confident, and professional. Before you even speak, your outfit tells a story — and you want it to be the right one. This guide will help you choose an outfit that reflects your professionalism and helps you feel confident on the big day.



*“Dress shabbily and they remember the dress; dress impeccably and they remember the woman.” – Coco Chanel*



# Why Dressing Well Matters



- First Impressions Last: Studies show that people form an opinion in the first 7 seconds of meeting someone.
- Confidence Boost: When you look smart, you feel more self-assured.
- Respect for the Employer: Dressing appropriately shows you take the opportunity seriously.

# General Principles for Everyone



- Neat and Clean: Clothes should be freshly washed and ironed.
- Fit is Key: Clothes that are too tight or too loose can distract from your professionalism.
- Keep it Simple: Avoid bold prints, flashy jewelry, or distracting accessories.
- Neutral Colours Work Best: Navy, grey, black, and white are safe choices. If you add colour, keep it subtle.
- Dress One Step Up: Research the company's dress code and go slightly more formal.

*“Dress for the job you want, not the job you have.”  
– Austin Kleon*

# For Men

- Shirts: Plain, button-up shirt in light colours (white or pale blue work well). Ironed and crisp.
- Trousers: Dark trousers or chinos. Avoid jeans.
- Blazer or Suit Jacket: Optional, but it always elevates your look.
- Shoes: Polished, closed-toe shoes (black or brown). Avoid trainers.
- Accessories: Keep it minimal — belt and simple watch are enough.



# For Women

- Tops: Blouse, shirt, or smart top in plain colours. Avoid low-cut or overly tight tops.
- Bottoms: Dark trousers or a knee-length skirt.
- Dresses: A simple, knee-length dress with a blazer can be professional and stylish.
- Shoes: Closed-toe flats or modest heels. Avoid overly casual or high stilettos.
- Accessories: Keep jewelry subtle. Less is more.



# Grooming & Hygiene

Hair: Clean and tidy, kept away from your face.

Nails: Clean and trimmed. If using nail polish, keep it neutral.

Fragrance: Use lightly — overpowering scents can be distracting.

Makeup: If worn, keep it natural and professional.

Bag: Carry a professional-looking bag, folder, or portfolio for your CV.



## Common Mistakes to Avoid



Wearing casual clothes like ripped jeans, hoodies, or trainers.

✗ Overloading on accessories or heavy makeup.

✗ Wearing uncomfortable clothes (fidgeting makes you seem nervous).

✗ Ignoring company culture — research is essential.

## Final Tips Before the Interview

- Try on your full outfit the day before.
- Iron and prepare everything the night before.
- Prioritize comfort as well as smartness.
- Carry yourself with confidence — posture, handshake, and smile matter.

# INTERVIEW OUTFIT CHECKLIST

## CLOTHING

Clean, ironed shirt/blouse

Dark trousers/skirt or simple dress

Optional blazer or jacket

Closed-toe smart shoes

## GROOMING

Hair neat and tidy

Nails clean and trimmed

Skin moisturised, not dry or flaky

Light or no fragrance

Makeup natural (if worn)

## ACCESSORIES

Minimal jewelry

Professional bag/folder for CV

## FINAL PREP

Outfit tried on day before

Clothes ironed and ready night before

Comfortable fit for sitting, walking, and handshakes

Confident posture and smile

## KEY TAKEAWAY

Your clothes won't get you the job, but the wrong outfit might lose it for you. Dressing smartly says: "I'm professional, I'm serious, and I'm ready."



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Guide to Dressing for  
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