

Dress for Success

Does it really make a difference how you prepare and dress for a job interview or how you dress to go to work? Absolutely! A large percentage of a person's perception of you is based on your cleanliness and how you dress. Appearances and good personal hygiene matter!

To Make a Good Impression:

- ✓ Make sure hair, face, teeth and hands are clean
- ✓ Make sure your hair is combed and facial hair is trimmed
- ✓ Make sure you are dressed appropriately for the situation
- ✓ If you are going to work or coming into Target's office, make sure you dress appropriately for your day

If you are going on a job interview, dress as professionally as possible ~ dress appropriately to reflect that particular job site... don't over or under dress:

Females:

- Wear dress pants or a nice dress (make sure that the dress goes at least down to the knee)
- Wear close-toed dress shoes or boots (no tennis shoes)
- Select appropriate accessories (limit jewelry, bring only one purse with you, no hats)
- Don't overdo your make up ~ do not wear perfume

Males:

- Wear dress pants and a button down shirt or polo (tie optional)
- Wear dress shoes or boots (no tennis shoes)
- Select appropriate accessories (limit jewelry, no hats, no book bags)
- Do not wear after shave or cologne

Going to work?

- ✓ Make sure that you have your uniform and/or appropriate dress. **Example:** If you are working outside when it is cold, make sure that you have warm pants, a jacket or a sweat-sweat shirt, gloves, a hat, warm socks and warm shoes.
- ✓ Bring all appropriate accessories such as name badge, time card and work tools

- ✓ **Make sure that none of your clothing has any inappropriate material on it such as curse words, drug and/or alcohol references, any phrases and or images that are offensive to another person's religion, race, or choice of lifestyle.**
- ✓ Start preparing for your day the night before:
 - Lay out the clothes that you are going to wear for the next day along with any other items you may need (wallet, cell phone, watch/jewelry, name badge, etc.)
 - Get to bed early. Try to get at least eight hours of sleep.
 - Don't eat late at night... this can make you feel sick the next morning.
 - Practice good personal hygiene every day:
 - ❖ Shower the night before or the day of your event
 - ❖ Clean your hands and fingernails
 - ❖ Make sure your hair and face are clean
 - ❖ Comb your hair attractively
 - ❖ Brush your teeth
 - Eat a healthy breakfast every morning
 - Use deodorant and an appropriate amount of perfume or cologne
 - Make sure you have good posture... No slouching!
 - Make sure you have a positive expression and attitude

Finally... Check yourself out!

- ✓ Find a mirror, or even another person, and check to make sure that you're prepared for success. Ask yourself these questions:
 - Is my hair and face clean?
 - Did I comb my hair?
 - Are my hands and fingernails clean?
 - Do my shoes match?
 - Are my clothes clean... and does everything match?
 - Is my attire appropriate for my day?
 - Do I have all of the items that I need?
 - Did I brush my teeth?
 - Did I use deodorant?

- Did I eat a good breakfast?
- Do I have good posture? Am I standing straight?
- Do I have a positive attitude?
- Do I have a positive expression on my face?

Print out a copy of this check list to help you... dress for success!