

Whether you like it or not, your personal appearance can be judged as an expression of who you are and your approach to things like work.

It's not a fashion parade, but the right approach is going to be one that helps the manager easily visualise you as part of their team. So here some are general tips – applicable in most, but not all situations:

- **Not too casual** – It's okay to be too smart but never underdressed. As a general rule opt for dark trousers or skirt, dark shoes and a plain, smart shirt or blouse.
- **No headwear** – Please don't wear a cap, beanie or hoodie to an interview – there are obvious religious and medical exceptions to this rule.
- **Get the right fit** – Ideally your interview clothes need to fit well, feel comfortable and make you feel good about yourself.
- **No over exposure** – If you cross your legs, ensure you are not exposing too much leg (if you are wearing a skirt). Do check to make sure your flies are done up that there is no gap between sock and trousers. Cleavage and midriffs should be covered up for job interviews.
- **Ties** – You might think a loud or “amusing” tie might show you as a fun addition to the team; your interviewer might not see you as someone who is not serious about the job. It can be worth taking a spare with you in case of spillages beforehand...
- **Accessories** – You want your interviewer to be concentrating on what you're saying, not the enormous necklace you're wearing, for example.
- **Make up** – You could use make up to emphasise your eyes and mouth, but should steer clear of anything too outrageous. Use neutral nail varnish rather than flamboyant colours.
- **Strong odours** – Too much perfume or too little deodorant can both be big turn offs, as can cigarette smells. Aim to smell good, but neutral.
- **Shoes** – Make sure that shoes are clean and polished. If you are wearing heels, choose ones that don't give you difficulty walking!
- **Facial hair** – if you have it, make sure it's tidy and clean.
- **Piercings and tattoos** – While increasingly common, there are some employers and job roles that do not accept these as part of the standard dress code. If you can't remove piercings, keep any studs small and we recommend that you cover any your body art e.g. long sleeve shirt / blouse.
- **Hair colour** - If you dye your hair an unusual colour it may be important for you to first dye your hair back to its original colour (or a similarly professional colour) before your job interview.