

Interview Dressing Tips: Women

Anyone can develop a professional image. Below are listed some ideas on interview dressing for women:

The best choice for women is a good-quality suit. Wear a conservative suit in a style that is flattering to your figure. Neutral colors, such as navy, brown, gray or black are safer than pastels.

Blouses can be worn in almost any color that is flattering to your skin tone. Silk, cotton and polyester “silk look a likes” are good fabric choices.

Accessories are very important and can easily upgrade the outfit. Choose leather pumps in classic styles for interviewing. Heel heights vary with fashion, but a heel two to three inches high is always a good bet. Flats are too informal and a heel too high is not businesslike. Belts should generally match your shoes and, again should be conservative in style. Belts are good finishing pieces and serve to tie your outfit together, although scarves used as belts can be too informal.

Handbags and briefcases are “status” items and people always notice them so it is a good idea to invest some money in these items. Quality is imperative, so pay attention to craftsmanship and materials. One word of caution – don’t carry both a handbag and a briefcase to an interview. It looks clumsy and requires too much juggling. In either case, make sure that whatever you are carrying closes easily and is not “over packed.”

Jewelry should always be kept simple. Fine jewelry is always acceptable, but good quality costume jewelry can also add versatility to your wardrobe. Appropriate jewelry might include simple earrings (no dangles), a string of pearls, a chain or conservative necklace, a watch and no more than two rings. Any bracelet or necklace that tends to “jangle” is distracting and should be avoided. Watches should be simple with a dial face. Rings should also be conservative and suitable for business wear. School rings and dinner or evening rings are not appropriate.

A light fragrance can be a positive factor in an interviewing situation. Light is the key word. If you are going to wear a fragrance, use it sparingly and avoid heavy scents.

Hosiery colors should be limited to neutral tones. Colored hose can be attractive in other business settings, but should be avoided in an interview. The same holds true for textured hosiery.

Obviously, grooming is critical. Hair should be neatly styled and no longer than shoulder length. If your hair is longer, wear it up for interviews and other business situations. Makeup should definitely be worn and carefully applied for a neutral look. Others see



women, who are naturally and professionally made up, as being more successful and more likely to be “in charge.” Again, select cosmetic colors that best suit your skin tone.

A Final Word

On the day of your interview, remember to be prepared. Make sure your raincoat is cleaned and pressed and that your umbrella is in good condition. Your shoes should be polished and your suit freshly pressed. Your interviewing outfit should be a comfortable one. Avoid wearing a brand new suit to an interview. Carry a needle and thread in your briefcase in case a button pops or a hem falls. All of this may sound, “nitpicking” but you can’t be at your best if you are worrying about a run in your hose. So, arrive 15 minutes early at your interview to give yourself a final check.