

# PROFESSIONAL DRESS GUIDELINES

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# Professional Dress Male (Guide)

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Please note:

1. This is the highest standard for professional dress (e.g. vest not necessary).
2. Basic standard professional dress includes a pants, shirt, tie and jacket (varies with corporate culture)

# Professional Dress Female (Guide)

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Please note:

1. Pants for women follow the same rules as men and should not fit too tight
2. You should have no visible undergarment lines
3. While this suit has a belt, suits vary with design.
4. Always do a sit test for your skirt to ensure that it is max 2 inches above your knee
5. Business casual could be created using separates and sometimes no jacket

## Business Casual Options

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Most work environments may prefer covered arms so wear a cardigan or jacket



Business casual on average would be chinos and a shirt. Variations depend on corporate culture

Sources:

<http://bananarepublic.gap.com>

<http://shop.nordstrom.com>



FIG. 1

SUIT COLOR



- ◀ NAVY ▶
- ◀ MID-GRAY ▶
- ◀ CHARCOAL ▶
- ◀ BROWN ▶
- ◀ BLACK ▶



Sources:

[www.esquire.com](http://www.esquire.com)

# Use Color to Your Advantage

COLOR	MEANING
<b>Black</b>	Power, wealth, authority, <i>if used in excess</i> - intimidating, unfriendly.
<b>White</b>	Creativity, efficiency, simplicity, fairness, order, reverence
<b>Blue</b>	Safest color, honesty, trust, dependability, <i>also</i> depression
<b>Gray</b>	Neutral, conservative, security, reliability, intelligence
<b>Red</b>	Bold, high energy, strength, call to action, <i>also</i> aggression
<b>Brown</b>	Strong, reassuring, comforting, reliable, endurance
<b>Indigo</b>	Powerful, strength, integrity, sincerity, structure
<b>Pink</b>	Compassion, nurturing, non-threatening, feminine color
<b>Purple</b>	Royalty, wealth, quality, fantasy, creativity
<b>Gold</b>	Value, luxury, prestige, wisdom, beauty, generosity
<b>Orange</b>	Adventure, inspires enthusiasm, optimism, sociable, affordability
<b>Magenta</b>	Practical, spiritual, compassionate, kind, balance, common sense
<b>Silver</b>	Modern, sophistication, calming, uplifting, mystery
<b>Yellow</b>	Uplifting, analytical, clarity <i>also</i> dishonesty, cowardice
<b>Green</b>	Nature, money, health, healing, compassion, balance
<b>Turquoise</b>	Balances, rejuvenates, inspires good communication, self-expression, feminine color

Sources:

<http://www.incredibleart.org/lessons/middle/color2.htm>

<http://www.empower-yourself-with-color-psychology.com/color-meanings-in-business.html>

## Budget Resources:

1. Ross
2. TJ Maxx (in store/online)
3. Target
4. Marshalls
5. Kohl's
6. 6pm.com
7. Overstock.com
8. Consignment stores

*If you wish to shop in regular priced department stores you should strategically shop when there are discounts, semi-annual sales, and look for coupons. It is also a great idea to focus your requests for Birthday or Christmas gifts on gift cards or shopping trips for professional dress items.*