

# Big Bold Image Breakers

Communicating through our image takes place each and every day. We can choose to be in command of that message or we can just let it happen. Your image is determined by how you look, how you act, what you say and how you say it. Here are a few image breakers I see every day. Take a few minutes and have fun seeing how you fare on the image scale.

## UNIVERSAL

- No eye contact when speaking.
- Poor posture.
- Offensive breath.
- The wet-noodle handshake.
- Overstuffed briefcase or bag.
- Poor quality of clothing.
- Poor grammar.
- Speaking too quickly - too softly.
- Cheap pen.
- Athletic tennis shoes with Nice Casual or Career Clothes.
- Scruffy shoes.
- Loose or missing buttons.
- Hems in need of repair.
- Stains, spots or perspiration stained clothes.
- Poor table manners.
- Talking with your mouth full.
- Stained and/or bad teeth.
- Profanity and filthy language.
- Too much jewelry.
- Chewing Gum.

## FOR MEN

- Short sleeved dress shirts.
- Pants too short or too long.
- Jacket sleeves too short or too long.
- Polo shirts with horizontal stripes.
- Socks with loafers when wearing shorts.
- Socks with sandals
- Athletic tennis shoes for occasions other than sports.
- Slider pants.
- Band bottom shirts.
- Long unclean, unkept hair.
- Nails that are bitten.
- A man walking in front of his spouse, date or mother.

## FOR WOMEN

- Pumps with no hose.
- Pumps with shorts, casual pants or jeans.
- Hairstyle outdated or not becoming.
- Hair roots in need of retouching.
- Nail polish chipped.
- Nails that are too long.
- Decorated nails in a professional setting.
- Too much make-up or no make-up.
- White pumps.
- Cheap Belts.
- Large prints and garish colors.
- Jacket sleeves that are too short or too long.
- Bra strap showing.
- Visible bra or panty lines.
- Heavy perfume.
- Scented deodorant.
- Inappropriate handbag- Too large, too casual, too detailed. Day bag with evening attire.
- Hosiery with a run.
- Unpressed scarves.
- Unkept bare feet – alone or in sandals.
- Worn off lipstick.
- Unfeminine walk or stance.
- Sitting with knees apart.

Clare Spiegel is a national authority on fashion, image and style. She is an accomplished fashion merchant, television personality, image coach, model and fashion consultant to corporate America. She is available for warm detailed seminars on image and style, for fashion shows and for training workshops. Mrs. Spiegel also coaches one-on-one. She can be reached at 352-245-9350, [Clare@ClareSpiegel.com](mailto:Clare@ClareSpiegel.com) & [www.ClareSpiegel.com](http://www.ClareSpiegel.com)

## Your New Image

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