

## PERSONAL APPEARANCE FOR FEMALE SPEAKERS

### Bottom Line Do's and Don'ts!

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#### Do's

- Choose quality over quantity.  
(No one knows what you have home in the closet.)
- Wear solid colors.
- Wear a well tailored suit – choose a skirt 90 % of the time over pants.
- Choose Global Fabrics.
- Wear a jacket - unless your topic is religious or one of the heart.
- Always wear hose.
- Choose a color becoming to you.
- Always wear make-up - but emerge as a classic natural woman.
- Wear quality shoes. Stacked heel career pumps with skirts and a good looking low block heel shoe with pants.
- Choose a flattering, current, maintainable hairstyle.
- Carry a quality briefcase or tote. Encompass your papers and handbag needs in one.
- Wear your best smile.

#### Don'ts

- Don't wear large prints.
- Don't wear jacket sleeves too long or too short.
- Don't wear seasonal fabrics that wrinkle such as linen.
- Don't have cleaner creases down the center of your jacket sleeves.

- Don't wear clothes that are too tight, too short, or too low at the neckline.
- Don't have hair longer than shoulder length if over 35.
- Out with the dagger nails, nail art or garish nail polish.
- Don't wear dangle earrings or multiple rings.
- Don't look unkept or too casual when traveling.
- Never wear spike heels on stage.
- No white shoes on stage.
- Don't wear athletic tennis shoes for anything other than exercise.

**Look your best ,  
Feel your best ,  
Be your best!**

### Your New Image

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