



Getting the most out of a positive personal appearance

Did you know that the people that you meet are creating observations and making judgments about you and your character from the first moment they lay eyes on you? They are checking out your dress, your jewelry, your facial expression, your hair, hands, body language, and your overall demeanor. Studies have shown that within the first 10 seconds a person has already made 11 or more judgments about you. You might be wearing an outfit that is more appropriate to a party than an office, you might be covered in piercing or tattoos that can give an employer or a new acquaintance the idea that you are in a gang or have no self-esteem. As you may realize once people get to know you, the clothing or appearance you have doesn't have as big an impact.

It is very easy to detect high or low self-esteem in a person. If you present yourself with confidence, you will have a much better chance of achieving success in life. Being unsure of yourself or of your appearance can be very harmful to your image. So put your shoulders back, head up and look confident!

What is personal appearance?

Your personal appearance is made up of many things: make-up, hair, hands, overall fitness, how you hold yourself while walking, how you shake someone's hand, whether or not you have a tattoo, piercings, a consistent wardrobe style and what accessories you wear. Your personal appearance is a combination of all of these things no matter where you are or what you are going to do.

Fashion ideas sometimes tell us how one should look. Some trends are good ones, here to stay. Others will be popular now but in a year or two may cause you to regret some of the choices you made. Think very carefully before you get a permanent tattoo, or five piercings in your left ear and three on your right, a pierced nose or eyebrow. These are all decisions that could harm you when people form their first impression of you. Some day when you are in the business field, you may regret having made these irreversible decisions. Wearing clothing that is too

suggestive or showing your underwear may prevent you from getting a job or interview that you really deserve. Oftentimes this can also affect how your teachers and fellow students view you. If you are serious about school it might be wise to check out your appearance and ask yourself how you could improve.

Best practices for going to an interview? ...

Think about your appearance, should you have clean nails and a minimum of jewelry or makeup? Yes absolutely! Should you show a lot of skin? No! Remember that a well groomed appearance can help you get that job. Suggestions include pulling your hair back, don't wear shoes with too high a heel, cover any visible tattoos, remove piercings. Dress as if you were trying to be serious not to make a fashion statement! Dressing for success doesn't alter your lifestyle just helps you present an appropriate work appearance.

Express yourself, but ...

