

The Seven Ingredients of a Perfect Introduction

- 1** Stand (look interested and energized)
- 2** Good posture
- 3** Smile
- 4** Make eye contact
- 5** Introduce yourself (first and last name) – only kids live in a world of first names
- 6** Speak up – confident leadership voice
- 7** Shake hands



Dress for the Occasion

Know what you are going to wear whenever you receive an event invitation.

BLACK TIE

Men – Black tuxedo, cuff links, silk socks, patent leather shoes, cummerbund, white shirt with French cuffs (preferably studs for buttons down front).

If you don't have tuxedo – wear a wonderful dark suit and white shirt and a dark tie.

Women – Long or short dressy dress, small evening purse or clutch, satin shoes, neutral hose, minimum jewelry.

COCKTAIL/SEMI-FORMAL

Men – Suit in dark color, white shirt, dark tie, belt and socks, black leather shoes.

Women – Short dress (one inch/2.5 cm. above or below the knee), stylish suit or dressy pants often in black, heels, clutch or small evening bag, minimum jewelry.



Dress for the Occasion



INFORMAL

Dress attire depends on where you live. Here are some suggestions:

Men – Less formal unmatched sport coat and pants, with or without a tie. Includes suits worn with dressy sport shirts or fine-gauge knits and tailored separates, such as dress trousers, dressy collared sport shirts that do not require a tie, fine knit shirts and sweaters, as well as sport coats

Women – Dress or pants and a nice sweater or blouse that are more relaxed, and dressier at night than during the day.

URBAN CHIC

Dress comfortably...Not too dressy, not too sloppy and definitely not business attire!

DRESSY CASUAL

Wear simple, comfortable clothes but in fun fabrics, patterns or colors.

Whatever you do think style, think fabulous, and think comfort!



Let's Stay Connected!

If you need a more custom or individualized consultation for your specific needs don't hesitate to book a consultation with me.

[BOOK A CONSULTATION](#)

I'm committed to help you not only look your best but also to project a confident image whether in business or in your personal life. I'd love to help you.

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