

# Essential Tips

courtesy of CEC-JPC

## Grooming Tips

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"A picture is worth a thousand words."

## #1: Natural Best

- *First impressions*

- Be yourself
- The picture you create will greatly influence your chances of being hired.

- *For men*

- Wear two piece matched suit with a silk tie
- Navy and dark gray are safe and are the most conservative for men

- *For women*

- Wear a two-piece matched suit (pants/skirts)
- If your are wearing skirt, your skirt should cover your thighs when you are seated.



## #2: Hair care

- *For men*

- Facial hair must freshly shaved
- The mustache or beard have to neatly groomed.
- Stay away from unusual or overly trendy facial hair styles.

- *For women*

- Hair should be neatly combed, or properly arranged.
- If you have long hair, please tie it back.
- Tone it down if you do have an “on trend” hair style or hair color.

**Hair should be  
clean and  
neat!**



# #3: Iron it Out

- *Don't forget to iron your clothing*
  - Wake up early and do necessary preparations.
  - If you appear at an interview carelessly-groomed, a potential employer may assume you are careless about other things.
  - Her/she may think you lack initiative, may need close supervision and also may not be a good employee.

Let the  
clothing  
reflect your  
knowledge!



# #4: No scent than the wrong scent

- *Go easy on the perfume / cologne*
  - You could be jeopardizing if your interviewer dislike the particular perfume fragrance.
  - Fragrance is very evocative; it may subconsciously give you a black mark.
  - A light scented hand lotion is acceptable for your hands.
  - You need to have nice hands for hand shake.

Carry a small  
& portable  
perfume  
wherever you  
go!



# #5: Wear your Confidence

- *Self confidence is essential*
  - "feel good" about the way you look and project a positive image.
  - Sit quietly before the interview and run through your interview in advance, as though watching a film.
  - Talk confidently and present your selling point without any doubts.
  - If you are nervous, press your index finger and thumb together and say **GO FOR IT.**



*Tune in next week for more*

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