

TIPS AND ADVICE

Today we're going to look at appropriate interview attire and presentation. This means the clothes you wear, your hair, makeup and other beauty standards, and hygiene while in an interview. The way you present yourself will be the first thing an employer notices, so you need to nail it!

Appropriate Clothing

A job interview is a formal meeting. Even if the employer says it is a casual chat or that it won't be intense, you want to take the meeting seriously. Ensure you have a simple outfit you can wear to an interview. A simple shirt or blouse and a pair of trousers will be suitable, and a pair of plain black shoes is a safe bet. You can accessorise with a tie or blazer to smarten the outfit for a more professional/smart look, or wear a cardigan or handbag to add a personal touch to your look, while maintaining the smart/casual look required.

Hair & Makeup

This is a little more complicated since different jobs have different regulations. Most professional jobs, including NHS and Emergency Services will require you to have a 'professional appearance'. This usually means having a natural hair colour (so no pink, blue or green etc.) and minimal makeup. Some require the removal of false eyelashes and nail extensions. Make sure you're aware of these requirements before an interview and tailor your style accordingly.

Hygiene

It may sound obvious but your hygiene matters at an interview. Make sure you've showered, washed your hair and used deodorant/perfume and brushed your teeth on the day of the interview.

