



THE CLOTHING
COMPASS

Checklist Before You Present: Your Visual Image

Use this checklist to test drive your appearance in advance, and prevent stress on the day of your presentation.

Movement:

- walk
- sit
- move your arms
- bend over

Shape:

- too tight
- too loose
- hem length
- appropriate style for the audience
- pocket to hold microphone receiver

Fabric:

- see-through
- color match/color meaning
- print OK for filming
- texture/finish
- worn
- damaged
- stains
- ironed
- lint
- static cling

Accessories:

- reflective/distracting
- comfortable shoes
- heel height
- socks matching
- belt for microphone receiver
- earrings appropriate for microphone

Hair/Facial Hair:

- colored
- trimmed
- washed
- combed/brushed/styled

Make-up:

- even skin tone, moisturized
- no shine
- eyes
- cheekbones
- lips

Don't Forget

Know the Room:

- lighting
- microphone
- furniture
- stage entrance
- backdrop
- room temperature
- filming

Also

Objective Opinion:

- a non-relative/non-friend has reviewed your appearance

Wardrobe Malfunction Kit:

- double stick tape
- safety pins
- needle & thread
- scissors



For more advice on using your image to increase your visibility and self-confidence, both on- and offline, contact me, Tammy Parrish, at tammy@clothingcompass.com or +31 (0)6 2052 4203, or visit <https://www.clothingcompass.com/>

