

How to Dress For a Public Speech

Your message is always the most important part of a public speech; however, everything else about your speech will affect how your audience perceives you & your message. Your voice, your gestures, your grammar, your movements, your mannerisms, your clothes, and your style all create the impression you leave on the audience & how much of your message they hear and subsequently, remember.

How you are dressed is a very important part of this equation!

In order to present yourself properly & professionally, here are some tips to remember when preparing for a speech:

- Always strive to look presentable through good grooming/hygiene and have an overall tidy appearance.
 - Avoid clothing with holes in it or that is overly casual (hoodies, sweatpants...)
 - Avoid clothes that are inappropriately revealing
 - Wear clothes that fit you, but are not so tight that they restrict your movement
 - Females—Keep makeup natural & simple
 - Males—Avoid wearing a hat before giving a presentation (hats are typically inappropriate during a speech and hat-hair is never professional)

- Wear clothing that is appropriate for the occasion, topic, & audience.
 - If you are presenting a speech on comic books to a group of college students, nice jeans and a polo (males) or a nice blouse (females) would be acceptable attire.
 - The same clothing, however, would not be appropriate if you were speaking about comic books to a group of CEO's for X-Box... In that case, a business suit would be a better choice.
 - Another example would be if you were to present a speech on nursing/health and you wore scrubs. This would be acceptable since your attire corresponds with your topic.
 - Also, if you are in the military, BDU's are an acceptable and professional option when presenting a speech

- Females typically have to pay attention to more aspects of their appearance than males and this is due to the wide variety of clothing styles, colors, and options made available to women. Remember to:
 - Avoid excessive, flashy, or over-sized jewelry and accessories
 - Avoid excessive or strong-scented perfumes

What to wear...	What NOT to wear...
<ul style="list-style-type: none">▪ Dress slacks and khakis▪ Dress skirts▪ Designer jeans (no holes)▪ Shirts with collars▪ Presentable dress shirts/casual shirts▪ Dress capris▪ Sweaters▪ Dress shoes, athletic footwear in good shape	<ul style="list-style-type: none">▪ Hats▪ Shorts/short skirts/short dresses▪ Flip flops (dressy sandals are acceptable)▪ Hoodies▪ Sweat pants▪ Tank tops▪ Shirts containing any logos or phrases that contain potentially offensive words or anything to do with drugs/alcohol▪ T-shirts