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THE ENQUIRER

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Celebrate femininity without giving up on professionalism

As an image consultant, I work with men and women on their appearance to help them have more confidence, dress for the job they want and have a more commanding presence in all aspects of their lives.

To develop our own style, we need to have a clear understanding of our wardrobe needs, determine our fashion personality and know our body type.

Once these three characteristics are determined, it is easy to develop our own consistent sense of style and dress, regardless of trends, while still looking fresh and modern.

As professional women rise through the proverbial glass ceiling, I am often surprised at how many feel the need to dress in a masculine way.

This has been very evident this election year. I'm not sure who is dressing Democratic presidential candidate Hillary Clinton, but he/she is missing another opportunity for her to connect with her constituents.

Sen. Clinton seems to be dressing more for her audience than what works for her current and, possibly, future position.

She should be dressing in a powerful and professional manner that works with her body style.

For example, Clinton was recently wearing black pants, a yellow jacket and a neutral-colored shell. This combination cut her in half, which is never flattering, especially with her body style.

She would have looked much taller, thinner, more professional and more stylish had she worn black pants, black shell and the yellow jacket.

I would rather see the senator in a more monochromatic wardrobe with interesting textures and details above the waist.

This look would help her to achieve a much more sophisticated style befitting of her position and more flattering to her figure.

It appears that Clinton's stylist is attempting to dress her in an androgynous way - not a blue suit and tie, as the male candidates dress, but not in a way that develops any sense of style.

Clinton is dressing in a dated manner, and from an image standpoint in a workplace, that can send the message of dated ideas.

I encourage my female clients to get in touch with their feminine side.

Women should not only celebrate their professional successes, but also celebrate being female.

It is time to give up the ubiquitous blue suit and develop one's own sense of style.

Women are very fortunate this spring that fashion is fun, feminine, functional and powerful.

Now is a good time to invest in quality pieces that celebrate femininity without giving up on professionalism.

Remember, as with all aspects of image, the way we choose to dress speaks volumes about our abilities and our confidence.

Let's be true to ourselves and dress in a way that reflects who we are and where we're going in life.

TABLE MANNERS II

You may recall my column in January discussing the importance of table manners and the impact dining etiquette can have on one's personal and professional image.

Individuals who demonstrate even basic table manners have the advantage over those who do not. More important, confidence in table manners enables one to concentrate on the person across the table. There is no excuse for poor table manners!

Because of the overwhelming response to that column, I will offer a small group session designed to provide a solid foundation on the fundamentals of dining etiquette. I'm calling it "Manners that Work: Dining Etiquette for the Business Professional."

For the session to be "hands on," I have space for 10 people. We will enjoy lunch at the Bankers Club in the Fifth Third Center downtown. The session will instruct you on everything you need to know, from the moment you arrive at the table until your meal is finished.

The event is from 11:30 a.m. to 1 p.m. Thursday. The cost, which includes lunch, is \$75.

Reservations can be made until Monday at 513-505-2732 or by visiting www.jhimage.net.

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