

# Leadership Dressing with Style and Credibility

## The Winning Fit Checklist

By Diane Parente, Style and Wardrobe Consultant for Professionals

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### Check the bullets that you want to work on

- You know how to select the best clothing shapes, proportions, and silhouettes for your body type.
- You look in a full-length mirror the front, back, and side view before you leave your home.
- You have a good tailor to make the adjustments when necessary (you can size down two sizes and size up only one).
- Your clothing fits gracefully allowing for freedom of movement without pulling, gapping or straining on any part of the body.
- You know that a good fitting bra can shave off years and pounds. The right bra places the bust half way between the shoulders and waistline not more than 3" below underarms
- You have no visible lingerie lines, no suppression in clothing. Here are a few suggestions to eliminate panty lines – Jockey promise underwear, Hanes Her Way invisible panties, and Victoria's Secret seamless lingerie.
- You don't buy size you buy what fits. Size is only a number and you realize that all manufacturers have a different way of sizing.
- When you purchase clothing you know to allow for an extra five pounds

### JACKETS

- Single breasted jackets are more slimming than a double breasted
- Shoulder extend 1" beyond natural shoulder edge and jackets, close with ease without pulling apart (allowing an extra 1" fabric on each side)
- Does not wrinkle across the back
- Jacket length ends either above or below fullest place of the hip or covers buttocks
- Collar lies flat against the shirt without wrinkling or buckling
- Sleeve length at wrist bone- allowing for shrinkage
- Top-stitching is even, no loose threads
- Armholes are roomy enough for comfort
- To retain the life of a jacket unbutton jacket when sitting and hang in the car rather than wearing.
- Cedar hangers will absorb moisture and repel moths
- Only dry clean jackets when soiled no more than four times a year

### TOPS

- Necklines are never lower than 2" above cleavage and when you bend down your bust is not exposed
- You avoid gapping around the bust line
- You want your tops to be modest tucked in or laying flat on the outside of a skirt or pant with no midriff showing. When you reach up or down the top remains in place.
- Sweaters are loose not revealing or baggy

## SKIRTS & PANTS

- Skirts and Pants hang in a straight line from the buttocks
- Waistbands are loose enough to allow one fingers to be inserted
- No high slits in skirts or dresses
- Allow at least a pinch or inch of extra fabric in the hip area
- You have pockets removed to eliminate bulging around the hip area to give a slimmer appearance.
- No wrinkles across front
- You know your best skirt length for your height and leg shape (no shorter than mid-knee and no longer than mid calf). Longer skirts appear more artistic.
- Pant Length - long enough in front to break gently over the foot and angle to the middle of the heel
- Waistband fits at the natural waistline or 2” below, if lower make sure it is not revealing when bending over
- Pants that are Flat front, boot cut and straight leg are the most flattering
- Side or back zippers are slenderizing
- Lined pants and skirts will hang and drape better

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With more than 25 years of experience consulting with individuals and corporations, Diane, a professional image and wardrobe consultant, provides unsurpassed solutions to creating a compelling and distinct image that best represents YOU, your personality, lifestyle and goals. Diane teaches her clients how to **Dress with Style and Credibility**.

Her positive attitude and down-to-earth personality encourage women of all ages and sizes to make positive changes.

As a professional member of the National Speakers Association, Diane presents numerous programs on Professional Dressing. She is a Certified Image Professional (CIP), awarded by the Association of Image Consultants International (AICI), and is one of five pioneer founders of this now global image consulting association, with active membership in over 40 countries.

Diane has earned the highest accolade awarded by AICI, The Outstanding Award of Excellence, an acknowledgement of her achievements in the image industry.

Diane is co-author of four books. Her most recent is *Mastering Your Professional Image: Dressing to Enhance Your Credibility*. She was also contributing author to *A Woman's Way to Incredible Success*. Diane's image articles have appeared in numerous publications, including *Presentation Magazine*, *InStyle*, *Marin Independent Journal*, plus the cover feature story in the national publication, *PayTech*.

