# Power Dressing and Grooming Guidelines

## What is Power Dressing?

Power dressing means wearing clothes in a professional, confident, and polished way that reflects authority, credibility, and competence. It is often used in corporate, business, or formal settings where first impressions matter.

**Basics of Power Dressing**

* Neutral/solid colors (black, navy, grey, white, beige).
* Well-fitted clothes (not too tight, not too loose).
* Simple patterns (stripes, checks) rather than flashy designs.
* Quality fabric that looks neat and professional.

**Grooming Do’s:**

1.Clothing:

* Wear clean, well-pressed, wrinkle-free outfits.
* Choose formal shirts, trousers, or suits.
* For women: formal kurti/pants, saree, or western formal wear.

2.Footwear:

* Closed-toe shoes (black/brown formal shoes for men, formal pumps/ballet flats for women).
* Keep shoes polished and clean.

3.Hair:

* Neatly combed/styled.
* For women, tie hair properly if long (bun/ponytail).

**Accessories (Minimal & Professional):**

* Watch (classic style, not too flashy).
* Belt matching shoes.
* Small studs/earrings for women, avoid heavy jewelry.
* Simple tie/scarf if required.

**Grooming Don’ts:**

* Don’t wear too bright, flashy, or neon colors.
* Avoid strong perfumes.
* Don’t wear wrinkled or stained clothes.
* Avoid casual footwear like sneakers, slippers, or sandals.
* Don’t over-accessorize (chunky jewelry, multiple rings, flashy watches).
* No messy hair or unkempt beard.
* Avoid casual T-shirts, ripped jeans, or party wear.