



# International Students Education Bridge

Registered by Government of Canada

## Education Promoters

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**Start with - Date, Full Name & City Name:**



## Impression of Dress Code

Hello everyone,

**Why is it important to dress professionally?**

There are multiple reasons why dressing professionally is important and beneficial:

- First impressions are the most important element of meeting someone new. Studies have shown that it only takes **seven seconds** for a person to form an impression of someone else. **Would not you want your first impression to be one that's memorable?**
- Even with all the qualifications in the world, without the right clothing, it will be harder to move ahead. Have you noticed that the majority of people who are successful are well dressed and have a good appearance?
- When dressed professionally, you will gain more opportunities to promote yourself within a company and build your image.
- Dressing professionally increases your self-confidence and with the self-confidence, you tend to be more comfortable in tough or new situations, which will increase your odds of succeeding.
- You should consider at least an ironed dress shirt, ironed dress pants, matching dress shoes, and a belt.

So the next time you are getting ready for class or work, remember that simply putting on a nice dress neat and clean will give you the extra boost you need to seize the day.

Thank you and have a nice day.