

TOASTMASTERS
INTERNATIONAL®



How to Dress for a Toastmasters Meeting

District 81 Virtual Event

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Toastmasters Where Leaders are Made

- 4 Toastmasters Meetings:
 - ✓ Club, Area, Division Meetings
 - ✓ Club Officer Training
 - ✓ Toastmaster Learning Institute
 - ✓ District/Region Conference
 - ✓ Toastmasters International Convention



LEARNING OBJECTIVES

- 4 To understand the importance of managing your image as a leader
- 4 To understand the impact of your dress on your image as a leader and your audience
- 4 To appreciate and enhance your dress for success in and beyond Toastmasters



Who are You?

- Remember that whenever and wherever you are seen in public, you should still reflect your image as a leader representing a Group / Organisation.



Image Management

- 4 Image management or managing your image speaks to your department – dress, walk, talk, bearing (behaviour): how, when, where, who you are



Who Do You Want to Lead?

- 4 Leadership (coaching) is not just telling people how to accomplish great things. It begins with caring for them and earning the right to be heard.
- 4 You cannot teach what you do not know nor lead where you do not go



Be an Example

- 4 Leaders building community have to do so by being “an example of the believer.”
The importance and power of example cannot be overemphasized
- 4 Leadership by example is contagious.
When you are a leader, others will follow you and they will become examples and infect others



Characteristics of a Leader's Dress

- 4 Name 5 characteristics reflecting how a man in a leadership position should dress
- 4 Name 5 characteristics reflecting how a woman in a leadership position should dress



Character and Behaviour

In *Interpersonal Communication: Survey & Studies*, D.C. Barnlund (1968) says,

“Personal apparel is a major source of information about the identity and character of others”

4 Dress / Clothes symbolise:

- CHARACTER
- BEHAVIOUR



Dress for a Toastmasters Meeting

- Wear appropriate and comfortable clothing as the occasion or event requires.
 - firstly, for your own benefit
 - secondly, it makes a valuable first impression on the public (community - listeners, viewers) and enhances your credibility and image



Dress - Men

- 4 Grooming is a part of your dress. Men, if you wear sideburns, moustache, beard, the generally acceptable position is that you should make sure that they are always neatly trimmed



Dress for Success – Men

- 4 **Formal wear** - a black or dark coloured dress suit, white shirt, tie
- 4 **Business wear** – dark suit (olive, navy blue, grey), shirt - white, beige, striped (must be compatible with suit), tie
- 4 **Casual wear** (usually loose fitting) – black/navy blue blazer or other sports jackets, can be worn with cotton or polo shirt, tailored trousers. Depending on occasion, casual wear can be determined by your good taste
- 4 **Jackets** – double-breasted should be kept buttoned using the top button, not both; single –breasted if two buttons, button the top one, if three, button the middle one

Jackets



Business Wear





Dress for Success – Men

- 4 **Shirt cuffs** – should be approximately half inch longer than the jacket sleeves and cover the wrist bone
- 4 **Ties** – at least one solid, one striped, one patterned
- 4 **Shoes, socks, belts** should blend or match and complement the outfit. White socks are for sportswear
- 4 **Jewellery** – avoid excessive pieces with business suits and formal attire



Dress for Success – Women

- 4 A woman's hairstyle complements her wardrobe and she should be careful to select and wear one which she can manage and is appropriate for any occasion



Dress for Success – Women

- 4 Formal wear** – long cocktail/evening dress, fabric/dressy sandal type shoes, sparkly finish small handbag, evening wrap
- 4 Business wear** – dark/coloured skirt or pants suit (not distracting), a red (platform colour) suit/dress is a must. Avoid low-cut, body clinging or high-slit dresses/outfits

Business Wear



Business Wear





Dress for Success – Women

- 4 Casual wear** – blazer–type jacket (can be worn with a dress, long skirt, trousers, shirt or blouse), relaxed fitting pants/slacks. Depending on occasion casual wear can be determined by your good taste
- 4 Accessory** – sheer hose, socks, scarf, belt, brooch, rosettes should blend and complement the outfit
- 4 Jewellery** – not too flashy to distract



Image Management / Dress

From the following image:

Identify 5 characteristics of Hilary Clinton from her dress

Would you say that as a leader, she is dressed for success? If so, why? Give 3 reasons

HILARY CLINTON

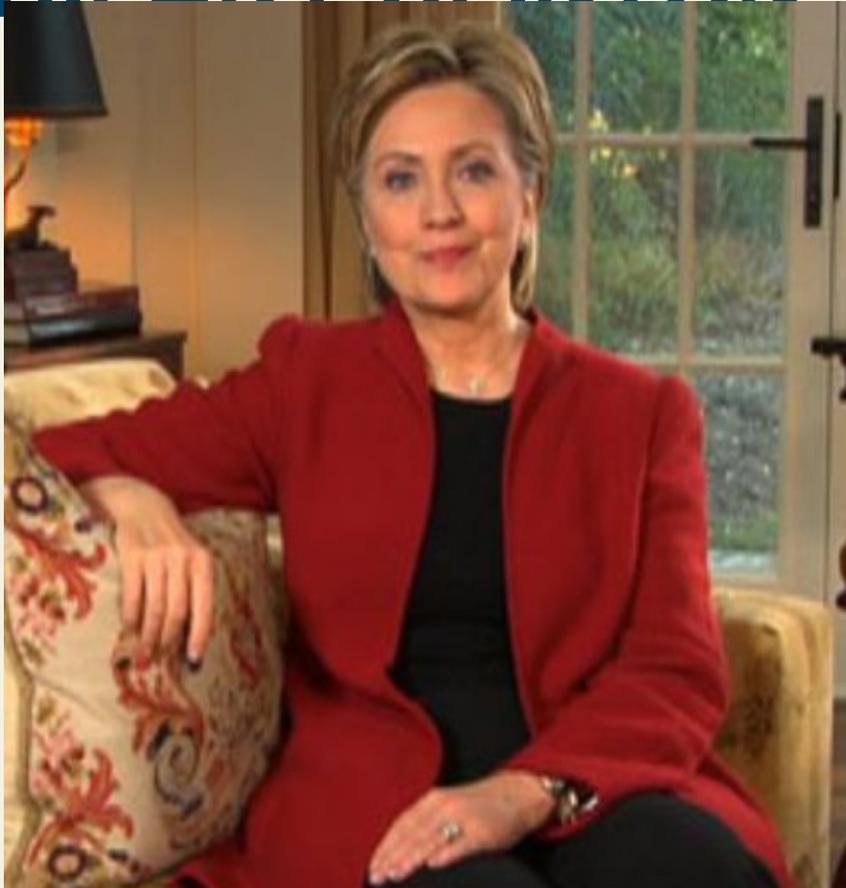




Image Management / Dress

From the following image:

Identify 5 characteristics of Barack Obama from his dress.

Would you say that as a leader, he is dressed for success? If so, why? Give 3 reasons

BARACK OBAMA





Who are You?

**Your dress will reflect something about
your
self-esteem**



Self - Esteem

4 John Wiley and Sons Canada Ltd. in his book: Like Yourself and Live, says:

“ Self - esteem is feeling you are a worthwhile person. You can have high self-confidence and not feel you are worthwhile. Self – esteem is, liking who you are, regardless of your skills, wealth or achievements.”



High Self - Esteem

High self – esteem will help you, as a leader to get along better with others and to be more effective in working with people



Dress for Success

Maintaining and managing your image is critical to your success as a leader. In your role, you are often called upon to represent your team at a function or event. Sometimes, at short notice. On these occasions always remember that photographs are usually taken.



Dress for Success

- 4 What is the last impression you would want an audience or significant person to have of you while speaking or accepting an award on behalf of your Group/Organisation?
- 4 Your attire/dress should always complement your role as a leader making you look distinguished and authoritative.



Conclusion

- Be the leader your team and the community admire and want to follow (When I grow up, I want to be like.....).
- Feel good about how you look so that when you are dressed, you can be sure that nothing takes away from who you are and represent.



AND THAT IS

***“ HOW LEADERS ARE
MADE ”***