

The Speaking Outfit Checklist

We all have different styles, but this checklist will make sure your bases are covered for your next speech or presentation:

- Do I feel good in it?**
Do I feel confident? Do I feel like myself?
- Will it hold up on stage?**
Will it be see-through? Am I going to sweat through it?
- Will I stand out from my background?**
Do I know what the background will be? (If no, ASK!)
Solids with a pop of color are usually a safe bet. If you're going to wear a print, make sure it's a large print.
- Can I move comfortably in it?**
Can I sit & stand normally? Can I move my arms without restriction? Can I walk up steps in my shoes easily? **If your body language is cautious because of what you're wearing, you will look & feel more nervous.**
- Is there a place to clip a lapel mic & put a mic pac?**
Will you be using a mic? If you aren't sure what kind of mic you'll be using, find out!
- Is it appropriate for this event?**
Not sure? Look up pictures from similar events!



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