University of Johannesburg | PsyCaD Career Services

# Career Services Quick Tips DRESS CODE



# → DRESS CODE IN THE WORKPLACE 《

Dressing appropriately enhances professionalism, boosts confidence, and leaves a positive impression. Always consider the company culture when choosing your attire.

#### **PROFESSIONAL ATTIRE**

- Follow Company Guidelines Every workplace has its own dress code policy. Read and understand what is expected.
- Dress for the Role Choose attire that fits your industry. Corporate roles may require formal wear, while creative roles might allow more flexibility.
- Keep It Neat & Presentable Clothing should be clean, ironed, and fit properly. Avoid outfits that are too tight or too loose.

#### **HYGIENE & GROOMING**

- Maintain Cleanliness Practice good personal hygiene and wear fresh clothing.
- Minimal Fragrances Strong perfumes or colognes can be overwhelming in shared spaces.
- Well-Groomed Appearance Keep hair, nails, and accessories neat and professional.

#### **CASUAL DAYS & SPECIAL EVENTS**

- Understand Limits Casual days do not mean unprofessional. Therefore, avoid ripped jeans, shorts, or flip-flops unless explicitly allowed.
- Dress with Confidence Even in relaxed dress codes, maintain a professional look.
- Represent the Company Remember that your appearance reflects the organisation's values.

#### **WORKPLACE DRESS CODE GUIDE**

Different environments often guide you on what to wear in their policies. Below are guidelines on how to dress according to the description of the acceptable attire.

# 1. BUSINESS FORMAL (CORPORATE/EXECUTIVE LEVEL)

Common industries include finance, law, government, high-end hospitality, etc.

#### What to wear:

- Men: Dark suits, white or light-coloured long-sleeve collar shirts, conservative ties, polished shoes.
- Women: Tailored pantsuits, knee-length dresses and skirts, closed-toe heels or flats.

**Key tip:** Stick to neutral colours (black, navy, grey), minimal accessories, and professional grooming.

# 2. BUSINESS PROFESSIONAL (TRADITIONAL OFFICE SETTING)

Common industries include accounting, consulting, sales, corporate management etc.

#### What to wear:

- Men: Dress pants, button-up shirts, ties (optional in some cases), blazers, polished shoes.
- Women: Blouses with dress pants or skirts, cardigans, modest heels or flats.

**Key tip:** Slightly more relaxed than business formal but still professional. Avoid overly bright colours or casual fabrics

# 3. BUSINESS CASUAL (FLEXIBLE OFFICE ENVIRONMENTS)

Common industries include marketing, education, healthcare (administrative roles), IT, nonprofit organisations etc.

#### What to wear:

- Men: Chinos or dress pants, collared shirts or polos, optional blazers, loafers or dress shoes.
- Women: Blouses, dress pants, knee-length skirts, flats, or comfortable heels.

Key tip: You do not need a full suit, but avoid jeans, sneakers, or overly relaxed outfits.

#### 4. SMART CASUAL (CREATIVE & MODERN WORKPLACES)

Common industries include startups, media, entertainment, fashion, advertising agencies etc.

#### What to wear:

- Men: Dark jeans or chinos, button-downs, casual blazers, clean sneakers or loafers.
- Women: Trendy blouses, skirts or dress pants, stylish flats or heels.

**Key tip:** Smart Casual is stylish but professional. Thus, do not wear ripped jeans, flip-flops, or overly relaxed clothes.

### 5. CASUAL (RELAXED WORKPLACES OR REMOTE WORK)

Common industries include Tech companies, creative studios, remote work, informal workplaces etc.

#### What to wear:

- Men: Neat jeans or chinos, polos or t-shirts (no slogans), clean sneakers.
- Women: Casual dresses, jeans with blouses, comfortable shoes.

**Key tip:** Even in casual settings, avoid pyjamas, gym wear, or overly revealing outfits.



