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Tips on looking professional while staying cool at the office

Skip the tube tops and short shorts

Alison Bailey (<http://www.news1130.com/inside/staff/alison-bailey/>) July 14, 2014 8:42 am

1 (<http://www.news1130.com/2014/07/14/tips-on-looking-professional-while-staying-cool-at-the-office/#comments>)



VANCOUVER (NEWS1130) – This heat may be tempting you to slide into a pair of flip-flops and throw on the most comfortable thing in your closet, but is it appropriate for the office?

An image and etiquette expert says you can look professional while still keeping cool at work.

Kimberly Law (<http://www.personalimpact.ca/>) says it comes down to maintaining “professional elements.” It’s safe to say flip-flops, short shorts, and tube tops probably don’t contribute to doing that.

Law tells us whether your office has air conditioning can determine whether you stick with your normal work attire. But if just the thought of suiting up for work is enough to make you sweat, Law says dressing in layers is a good way to go.

“You know, wearing a tailored-style skirt doesn’t necessarily have to be a heavy winter weight. There are lots of weights of fabrics that do well in the warmer temperatures,” explains Law.

Some lightweight fabrics that can be appropriate for the office include linen and cottons. And a shirt or blouse might be a good alternative to a jacket.

For men, Law recommends foregoing the tie and keeping a shirt collar open.

“You always want to maintain the level of professionalism as far as not too much skin showing, those kinds of things. But within reason of appropriateness, more in the way of fabrics, I think people are definitely more accepting that way.”

She points out your appearance does have an impact on how your clients and others see you. And while it’s generally more acceptable to be a bit more casual in hot weather, you should never come across as sloppy.

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Keep Chill

I agree. It was disconcerting to see my Dr. in a tube top and hot pants...

That being said; I certainly don’t expect any poor men (in this heat) to wear a tie and suit jacket. Rolled sleeves and an open collar on a dress shirt can still look professional. Keep chill guys;)

July 14, 2014 at 10:50 am

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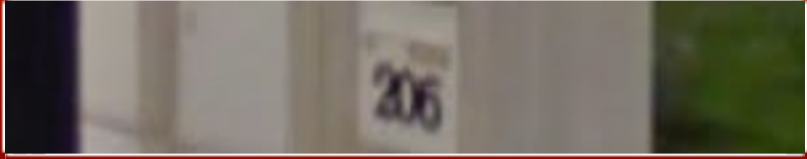
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