## TV interviews – what to wear, how to be.

### Top 10 Tips

If you do or wear anything distracting on TV, people will remember that rather than what you say. People shouldn’t judge you by your appearance, but they will.

1. Try not to wear too much white, black or red (the safest colour is blue)
2. Remove jewelry (e.g. jangly earrings) that moves, makes a noise, or could hit your microphone
3. Don’t wear stripes, checks, herringbone
4. Dress in a simple, appropriate manner
5. It’s important to be comfortable
6. No visible logos or brands, except for your own organization logo
7. Don’t be afraid to gesture but don’t obscure your face
8. Try not to fidget; limit your movement.
9. Maintain eye contact with the interviewer (unless the interviewer in a different location)
10. Turn off your mobile!