

## Dressing for success in a remote setting

What your employees wear in the comfort of their own home is ultimately up to them, but here are some tips to share with them!



### Maintaining the professional

We humans place a lot of importance on visual perception, and that perception can become reality.

A smart-casual look behind the computer (at least from the waist up!) will ensure you continue to be viewed as a professional in the eyes of your colleagues.

### Pushing your productivity

Dressing the part also helps put you in a more productive state-of-mind.

If you've ever acted in a play you'll know the feeling, you never TRULY feel ready until you have your whole costume - down to the shoes and matching gloves!



### Building boundaries

Changing out of those yoga pants and putting on a fresh shirt and a crisp pair of trousers can help signal to your body that you're in work mode. It builds a mental boundary between your 'work' and 'home' environments and ensures the two don't overlap too much.

### Offering visual cues

When you spruce up for work, you offer a visual cue to anyone who you're sharing a space with. You send a signal that you're 'at work' and shouldn't be disturbed.

It also indicates to your colleagues that you're doing OK and that you're looking after yourself.

