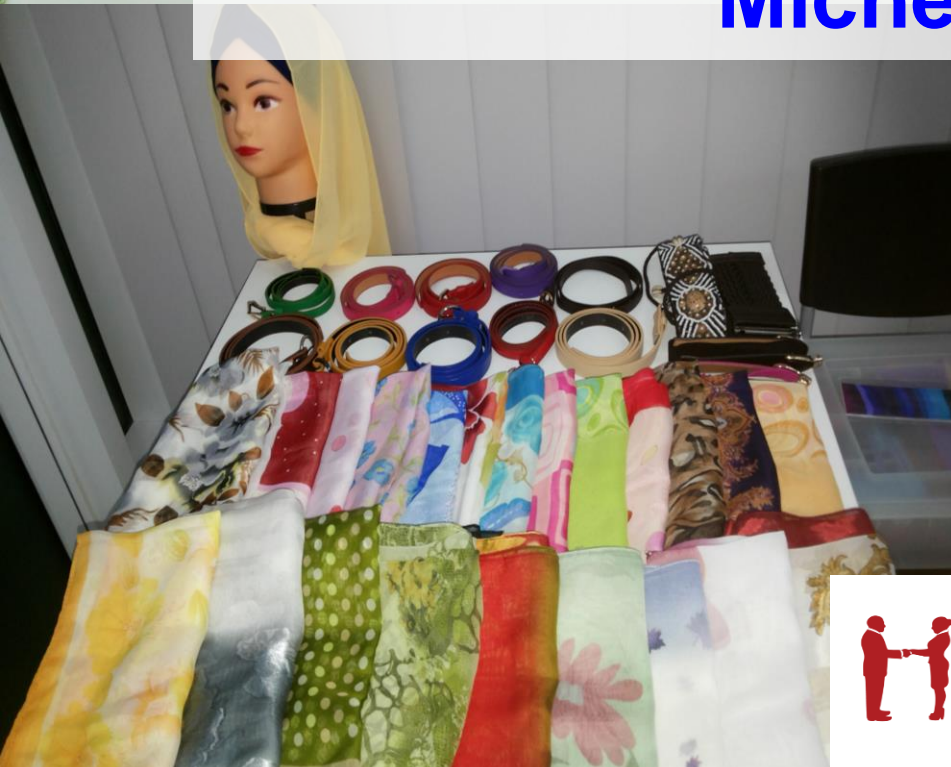




Looking Great After Covid-19

Michelle Son



Consultants and
Business Management
Research Association

About Michelle Son

Qualification :

- Certified by ABNLP – NLP Practitioner & Coach
- Diploma in Professional Style Coaching, UK
- Certification in Professional Image Consultant (AICI)
- Graduate Diploma in Business Management
- Diploma in Private Secretaryship
- Certification in Beauty Therapist
- PSMB Certified Trainer

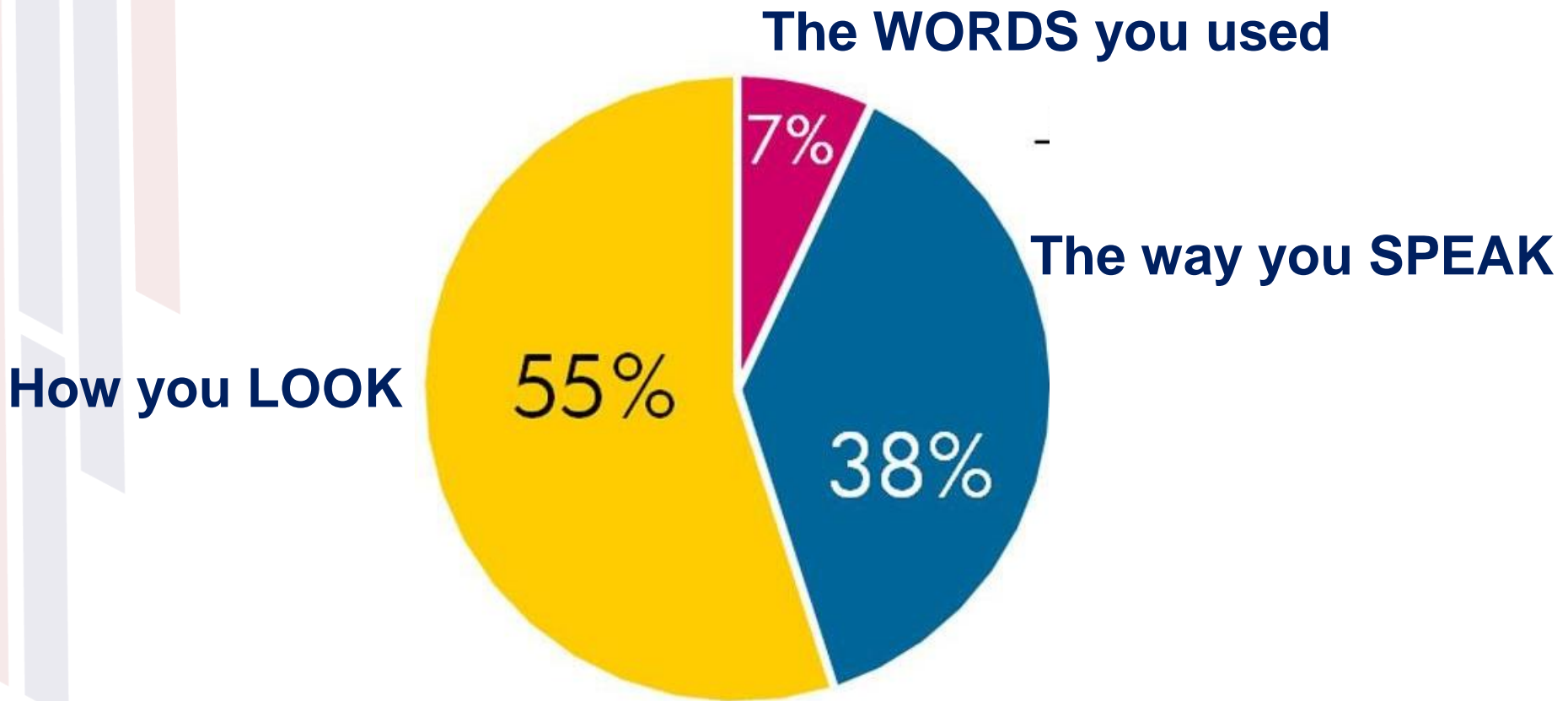


3 Take Aways

- **The 5 Levels of Business Dressing**
- **Identify the appropriate colours for you**
- **Mix and match colors to look great**



Dr. Albert Mehrabian's 55-38-7



Company Image Vs Your Image





Take Away 1

5 Level of Business Dressing

What We Wear When Depends on COP



Respect the Culture

(Place and Organization)



What's the Occasion

(Is it a dinner, lunch, formal, theme occasion)



People you are meeting

(Who are they, how are they likely to be dressed)

5 Levels of Men Business to Casual Wear



L1 – Business Professional



L2 Business Smart



L3 - Business Modern



L4 -Office Casual



L5 - Casual

5 Levels of Women Business to Casual Wear

A



B



C



D



E



L 3 - Business Modern

L2 -Business Smart

L1 – Business Professional

L5 - Casual

L4 -Office Casual



Take Away 2

Identify the Appropriate Colours for You

Why Colour is Important to Us?

You Wear The Colour

or

The Colour Wears You??

**The right color makes the skin glow,
eyes sparkle and prominent features.**



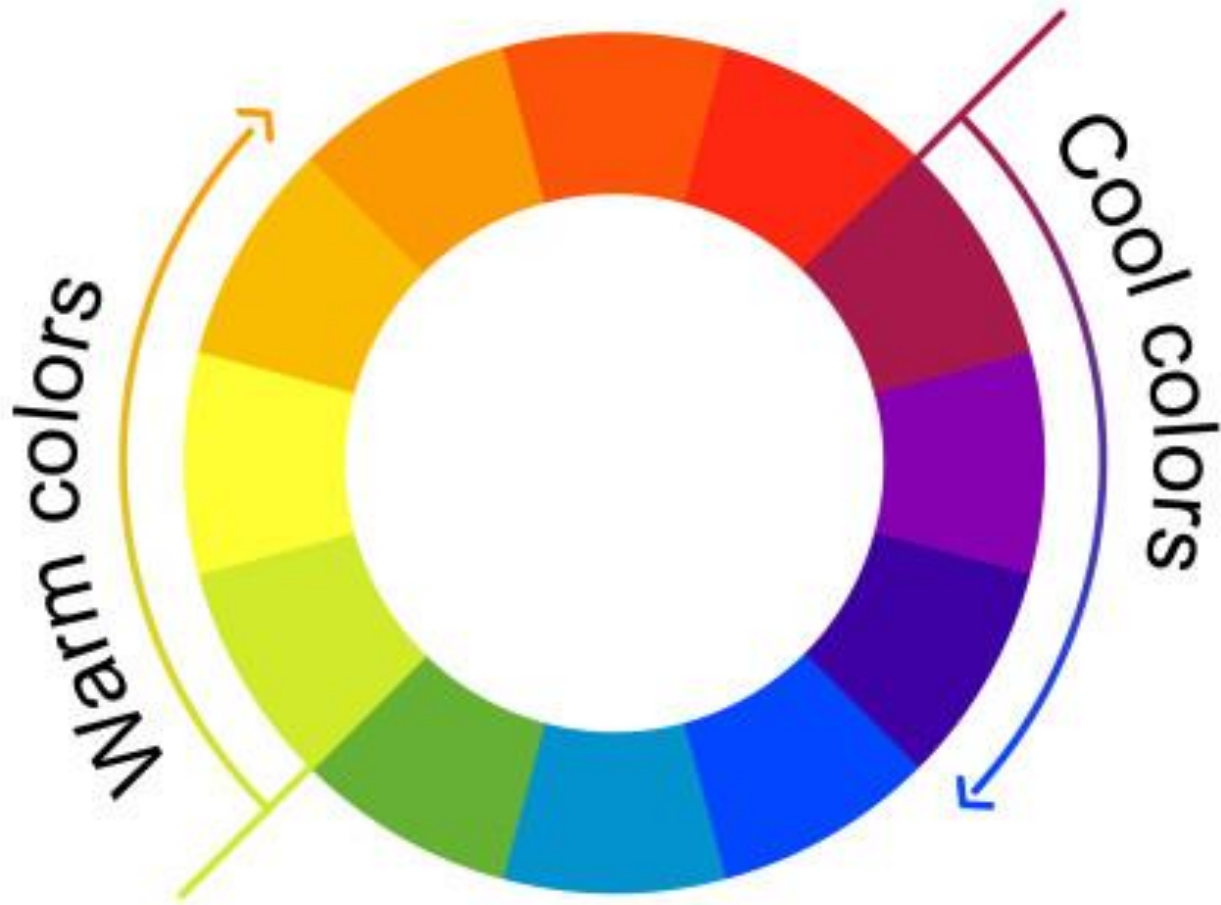
Primary Colors



Secondary Colors

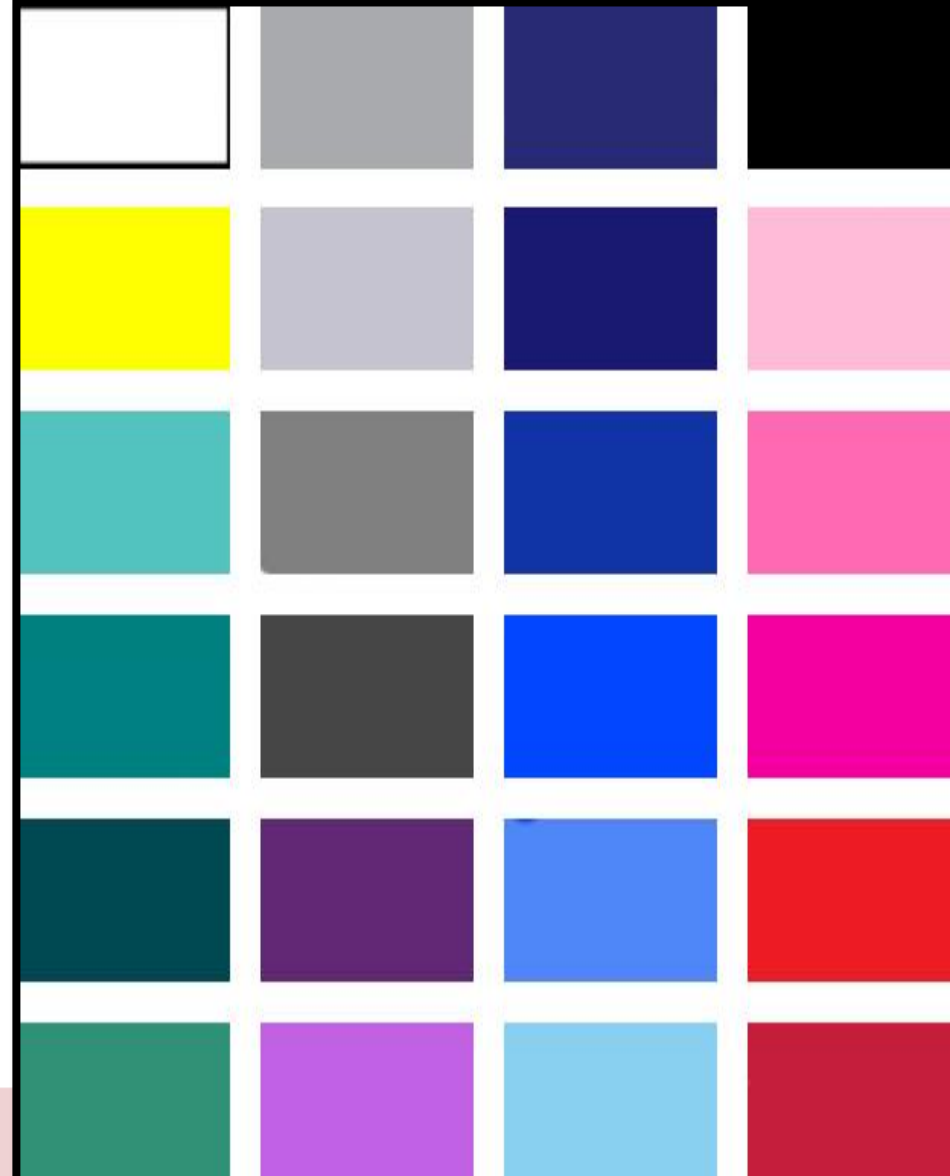
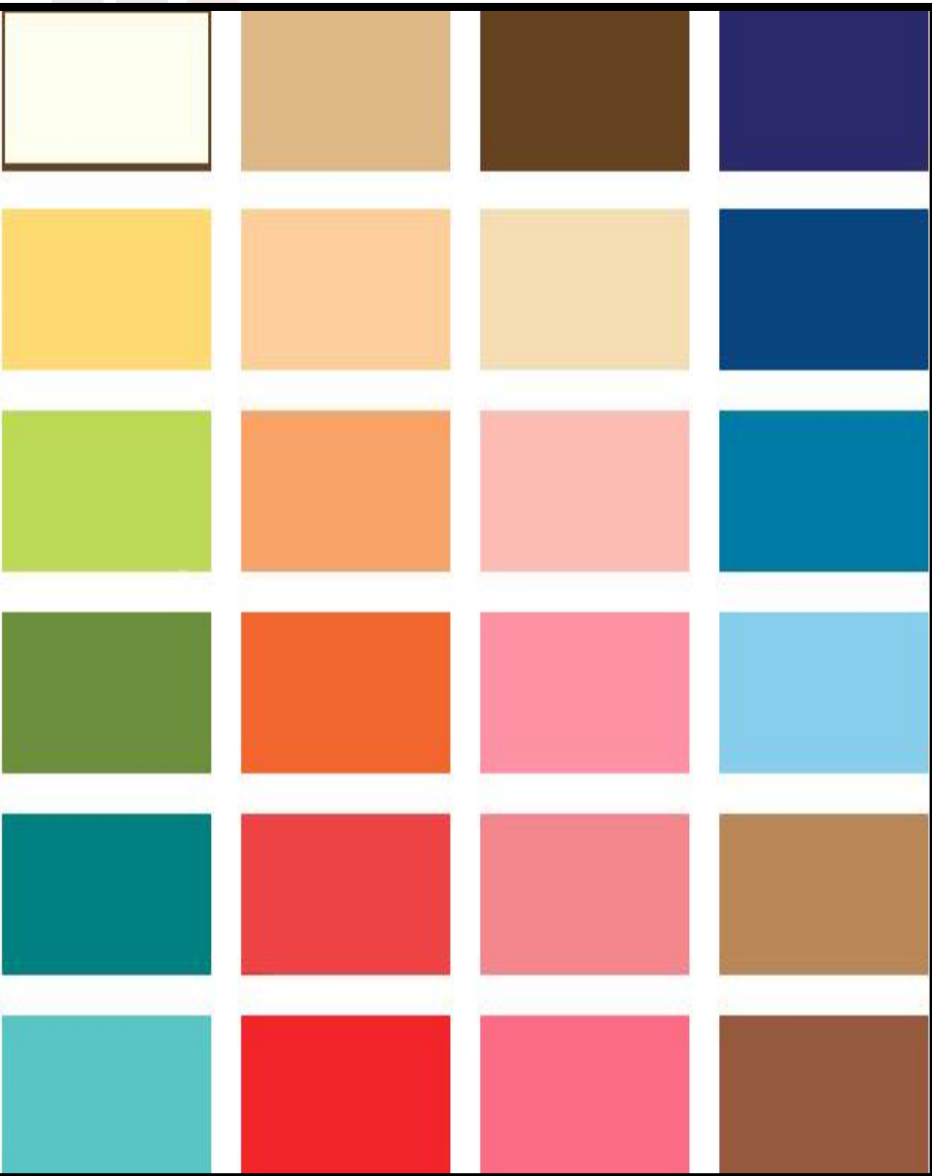


Colour Wheel



Warm

Cool



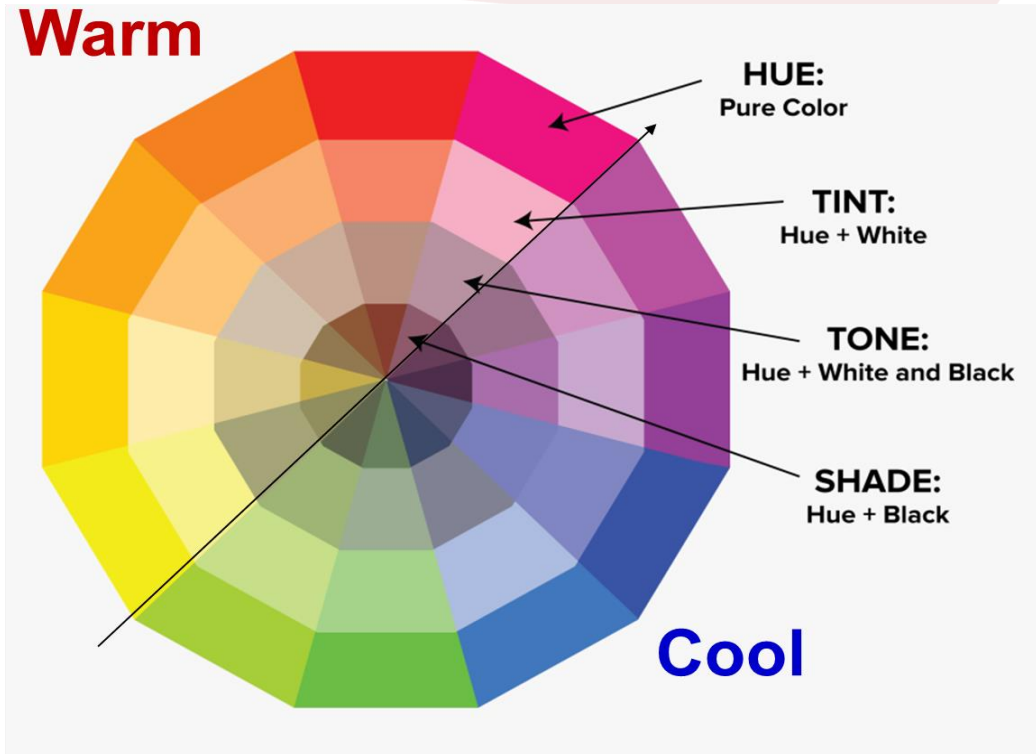


Take Away 3

Colors Mix & Match (Concept)

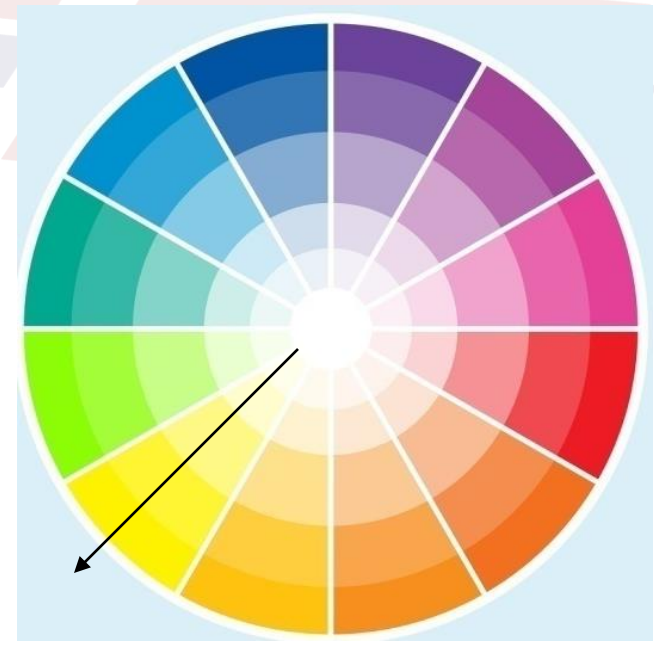
Monochromatic

Monochromatic color schemes are derived from a single base hue and extended using its shades, tones and tints. Tints are achieved by adding white and shades and tones are achieved by adding a darker **color**, grey or black.



Benefit: -

- Suitable for professional attire.
- Good for petite people to add visual length.
- Combination of neutral color – black, white, blue, grey, beige and etc.

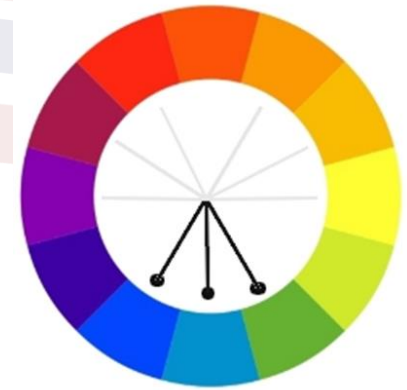


Monochromatic



Being Humane is Humane Being

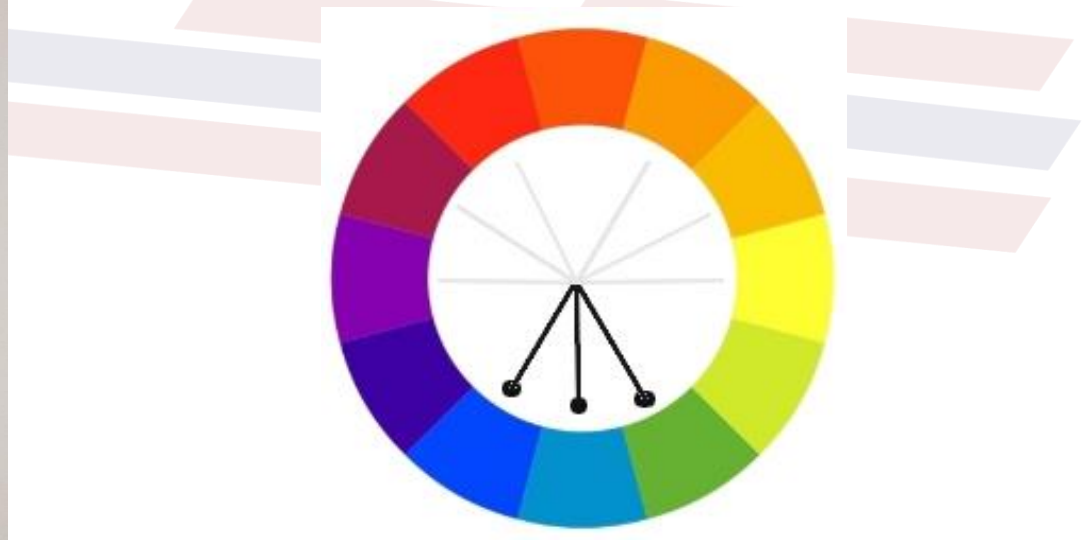
Analogous



Analogous colors are any three colors next to each other on the wheel. For example, orange, yellow-orange, and yellow.

Benefits:-

- Analogous combinations are more harmonious
- Gives more sophisticated look
- Ratio : 60-30-10 rule, which is used to ensure a visually appealing balance.
- Main color - 60% - Jacket/Blouse
- Second color - 30% - Pant/Skirt
- Third color - 10% - Accessories

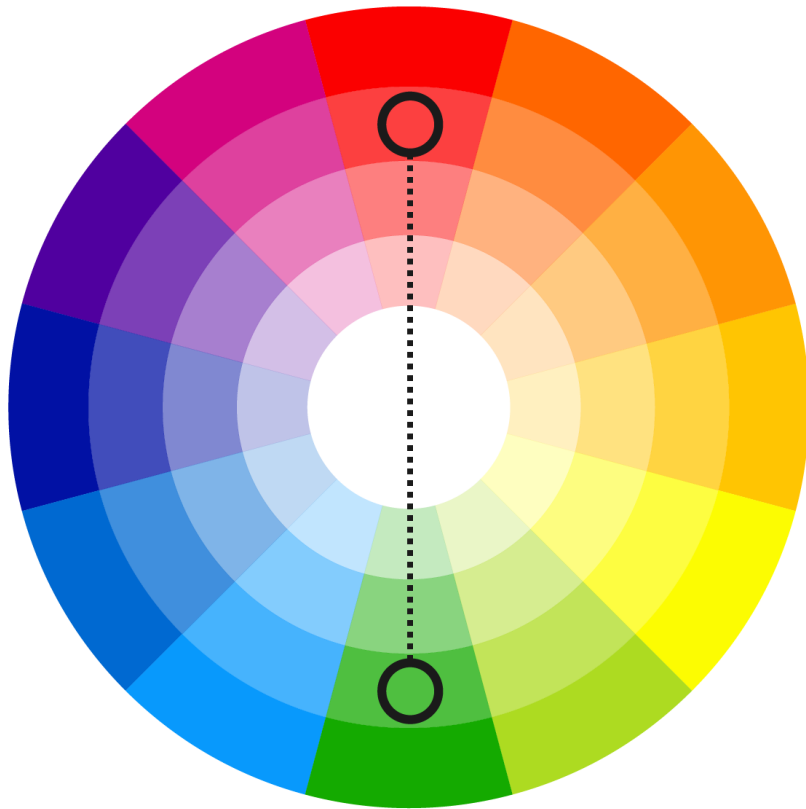


Analogous

Being Humane is Humane Being

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Complementary



Complementary color in color wheel are directly opposite to each other. These colors are highly contrasting and look very bold if put together. Such combinations usually draw the eye and stand out very well.

Benefit:

- Make a statement with big contrast
- You are tall and want to break the height

Complementary



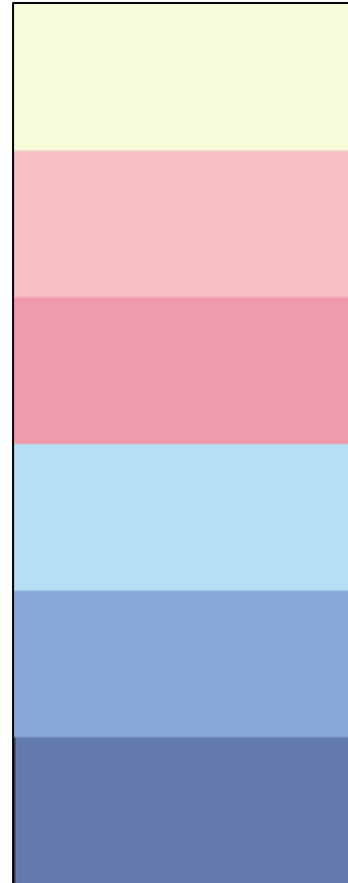
Being Humane is Humane Being

Colours in the Workplace

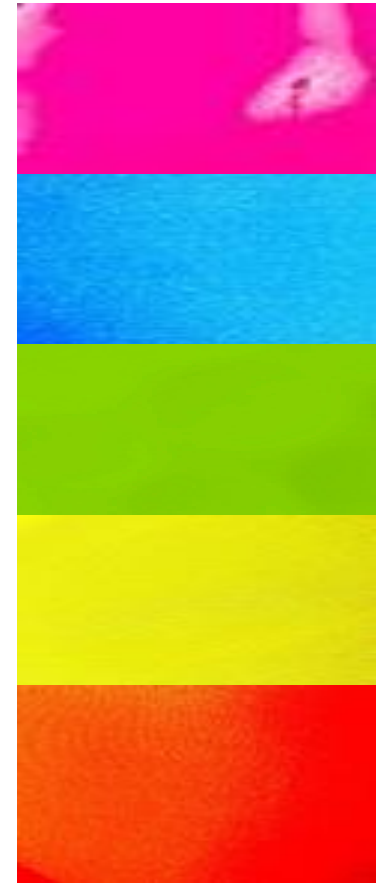
Neutral Colors

BRIGHT WHITE	ECRU	GARDENIA	IVORY
ZINC	SAND	FOGGY DEW	BEIGE
DUSTY BLUE	TAN	METALLIC SILVER	TAUPE
SLATE GREY	AMBER BROWN	DEEP GREY	ROSE TAUPE
NAVY	BROWN	GUN METAL	BLACK

Pastel Colors



Avoid Bright Colors





THANK YOU



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