

Three steps to preparing your “work” wardrobe

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Returning to work after having a baby is an exciting time but also one filled with doubt and nerves. One thing you don’t want to worry about is what to wear. Your old workwear may feel outdated and your body shape may have changed, leaving you with limited options.

Clothing plays an important role in building confidence and can be used to symbolise your personality, position and how you want people to perceive you. Feeling confident in your clothing is knowing that each outfit you choose factors in fit, functionality and colour.

Did you know it takes the average person 17 minutes to choose an outfit? With a crying baby, fussy toddler or a school-aged child who can’t find their left shoe, no parent has a minute to spare! So let me make it easy for you with the following tips to preparing a work wardrobe that best represents you. By following these three steps you will be on your way to owning a work wardrobe that fills you with confidence and a readiness to enter this new life phase.



STEP 1

Wardrobe stocktake

- Firstly, consider your job and what may be required of you. Your clothing choices should reflect your responsibilities and what your day involves. Do you have meetings? Are you at a desk or on the road? It is important to factor in the functionality of your outfits when thinking about your work day.
- What do you already own? Think of items you can mix and match. If you need to replace an old item, add it to your wardrobe shopping list.
- Post-covid dressing has seen a rise in business casual dress codes in the workplace. Think of pairing plain t-shirts or a tank with classic pieces such as tailored skirts and trousers. Add a belt, jewellery and dressy shoes to finish off the look. If you can incorporate your casual clothes into your work wardrobe, this can keep your budget under control.
- Good undergarments are the most crucial starting point for any outfit. Assess what you have and don't be afraid to upgrade if you need to. Get fitted by a professional and invest in good quality underwear.

STEP 2

Filling the wardrobe gaps

- Refer to your shopping list from the wardrobe stocktake. Don't forget to include shoes and handbags.
- Start with good quality basics such as a black skirt and black pants. These are wardrobe staples and will ensure you cut down on time as EVERYTHING will go with them.
- If mixing and matching overwhelms you, build your work wardrobe in a neutral palette. For example, buy black or navy bottoms and blouses/tops in colours that suit you. Invest in a good quality blazer.
- Accessorise! You can wear the same black dress or simple pants/blouse combo and make the outfit feel different simply by swapping out accessories such as necklaces and earrings. In winter, use scarves. These touches will always add variety to a simple outfit.



STEP 3

Coordinate the wardrobe

- Organise your wardrobe so that your workwear hangs together. You will reduce wardrobe overwhelm if you know that everything you need is in the one spot.
- Colour coordinate your clothes.
- Buy a steamer. A simple \$40 Kmart steamer will do the job. Keep it set up in your bathroom or bedroom. This will reduce your ironing load and ensure that your clothes are in the best condition.



CONTACT LISA

Need help with your wardrobe refresh?
Contact Lisa at www.styledbylisaj.com.au.

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