

DRESS PROFESH

CHALLENGING NOTIONS OF WHAT IT MEANS TO LOOK “PROFESSIONAL.”
BODY POSITIVE. NO HATE ALLOWED.

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When I was younger dressing 'professionally' for me often meant dressing up in clothes that I didn't feel myself in, that I was uncomfortable in. I thought professional wear was designed for skinnier and smarter folks. But let's be honest, that was due to a self confidence issue—body and mind.



Now, as I've come to know I'm a capable human, woman, and worker, dressing 'professionally' helps me illustrate my self confidence. And that gets me the degrees, the job, the promotion, the kudos, and more clothes

--Sarah

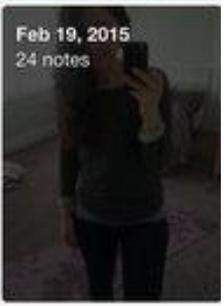


When I was given my first class to teach, I paused and seriously thought what my students would think of my presentation. I identify as gender non-conforming and express myself in that way. It's not unusual for me to show up to class wearing a suit and tie nor a leather jacket and hanging suspenders. Luckily, my students have always been very supportive and encouraging of my presentation and we are able to share in open dialogues about gender as a construction. This may not be my most "professional" outfit I've worn to teach in, but it's one that gives me the confidence I need to discuss difficult topics with my learning students.

Bing, from "I Dream of Dapper"



MAYBE SHE'S BORN WITH IT. MAYBE IT'S AN INSTAGRAM FILTER.
_beautyREDEFINED.org

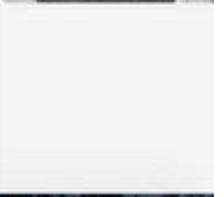
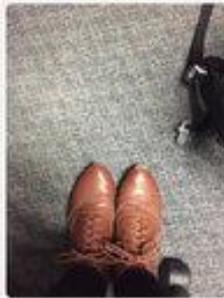




*From hippie to
corporate executive to
weirdo aging professor,
I carry my multiple
identities with me
wherever I go.*

--Janice







I'm a graduate assistant in a neuroscience lab. Because we work with animals and a wide variety of chemicals, the uniform is long pants, flat closed shoes, lab coats, pulled-back hair, and usually gloves and eye protection. So my wardrobe of skinny jeans and tank tops works just fine.

I am a little nervous about what I'll be wearing to present at a conference this fall... I have a couple dresses, but I often feel less intellectually confident when I'm dressed in more feminine styles (surely some social psychologist has done a priming experiment on this!) so I guess I'll need to find some well fitting slacks, which is a bit of challenge.

Oh well. I'll cross that bridge when I come to it! For now, I'm staying cool and safety compliant.



@dress_profesh



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