

# WHAT **NOT** TO WEAR

AT YOUR NEXT SPEAKING  
ENGAGEMENT



SIGHT & SOUND  
PRODUCTIONS  
See it. Hear it. EXPERIENCE IT.



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## ▶ WEAR A GARMENT WITH POCKETS OR A BELT.

**WHEN GIVING A PRESENTATION TO A BIG GROUP, OR ARE PART OF A PANEL, CHANCES ARE YOU WILL BE WEARING A LAPEL MICROPHONE.**

- ▶ A lapel microphone is a small microphone that clips onto a garment of clothing near your mouth, typically the front of a shirt and is attached to a transmitter by a thin cord.
- ▶ Best practice is to attach transmitter to the back waistline on pants, a belt or be placed in a pocket.
- ▶ If wearing a dress, the transmitter can be attached to a bra strap depending on your comfort level.
- ▶ The idea is to have a place to put the transmitter to allow for a seamless look.
- ▶ There is always an option to hold the transmitter. This just doesn't offer the cleanest look and doesn't allow you to be hands-free.



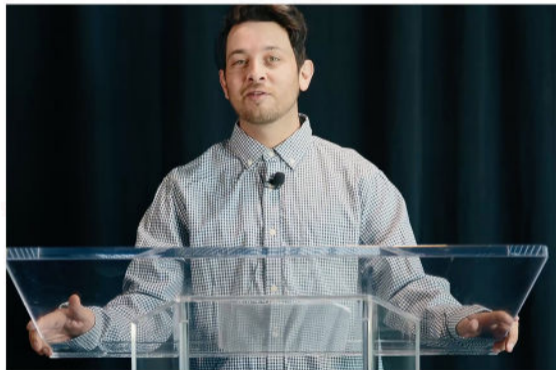


## ▶ WEAR MINIMAL JEWELRY

- ▶ Large chains, chunky necklaces, and earrings all have the potential of making noise.
- ▶ Although minor, these little sounds will be picked up by the microphone and cause loud “clinking” noises which will be a distraction.
- ▶ Best practice is to wear more delicate jewelry that does not make noise or rub against garments.

## ▶ KNOW YOUR STAGE SET

- ▶ It's important to know beforehand what your backdrop and stage colors are going to look like.
- ▶ Generally, you want to avoid textures and patterns. Certain patterns display very busy on screens.
- ▶ When being projected on IMAG or streaming it's best to stick to more solid colors or bold, distinct patterns without blending into your background.



## WEAR BREATHABLE CLOTHING



- ▶ Stage lighting can be intense and it's not a secret that everyone sweats.
- ▶ When it comes to giving a presentation, no matter how seasoned a speaker you are, adrenaline hits and the sweats happen.
- ▶ The best practice is to dress in breathable materials such as cotton.

## ▶ WEAR COMFORTABLE FOOTWEAR

- ▶ Don't feel pressured to wear shoes outside of your comfort zone.
- ▶ Especially if you tend to pace while on stage.
- ▶ Stick with shoes that you feel confident in.





## ▶ NO HATS

- ▶ Hats are going to be a hard “no” while on stage.
- ▶ Because of the stage lighting, a hat will cast a shadow on your face. Shadows on your face does not translate well on camera if using IMAG or being recorded
- ▶ Rather, leave your hat in the green room or at your table.