

SUCCESS STORY

Upon my release from prison, I took the only jobs I could find, as a dishwasher and then as a telemarketer. Eventually I found a job at a local university that paid a decent wage.

The real change in my life, though, came from the support I received at the church where a network of professional men showed me another way to live. I watched how they walked, how they dressed and how they treated their families.



My wife was my rock during those years as I was learning to become a man, and not an adolescent in a grown man's body.

Today, I work for a nonprofit organization as a reentry counselor, helping other ex-offenders to rejoin society and avoid another trip to prison.

- Jerome / Sober Alumni

PROJECT A POSITIVE IMAGE

- With good personal appearance, you project a positive image of good health, personal pride and self-confidence.
- Dressing well does not mean giving up your own self-expression, but if you want to be taken seriously and make a positive first impression, it's best to choose comfortable, conservative clothing appropriate for the situation.



MY HOME INC.
Helping Our Communities

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PERSONAL APPEARANCE



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FIRST IMPRESSIONS

Good grooming along with the way you dress will help you get back into the workplace more quickly following your release from prison. Some people have misconceptions about ex-offenders, so looking your very best will help to change that and give you a feeling of confidence in yourself.



With good personal appearance, you project a positive image.



BE CONFIDENT

There's no need to spend a lot of money on clothes, but they should fit the type of business and the job you are seeking. Even if the workplace itself is casual, it's best to dress up a little when you meet with your employer for the first time.



GROOMING TIPS

- ✓ Bathe or shower, and use deodorant
- ✓ Clean and clip nails
- ✓ Brush teeth and use mouthwash if needed
- ✓ Hair should be clean and trimmed
- ✓ Pay attention to skin care
- ✓ Avoid heavy makeup
- ✓ Go easy on perfume, cologne, or after-shave
- ✓ Clothes must be clean, pressed, and fit well



- ✓ Avoid extreme styles and shirts with slogans or graphics
- ✓ Keep jewelry simple
- ✓ Clean and polish shoes, no flip-flops
- ✓ Remove hat, sunglasses and chewing gum
- ✓ Avoid smoking prior to your meeting, some people can't tolerate the smell
- ✓ Cover tattoos and body piercings