



# Image Beyond Wardrobe Cheat Sheet

*NOTE: This Cheat Sheet contains the key points from the "Image Beyond Wardrobe" Expert Interview with Lucille Sorella and Alice Kim. Please listen to the audio first.*

What non-verbal communication is:

- Non-verbal communication is the second component of image besides wardrobe.
- It involves body language and mannerisms, plus the pitch and tone of your voice.

How crossdressers and transgender women can improve their non-verbal communication:

- Get objective feedback, preferably from a professional.
- It might be a uncomfortable to learn about areas that you need **to improve on, but that's how you strengthen them.**

Posture is an important component of non-verbal communication.

- How you hold your body has a dramatic effect on how your clothes look.
- Posture tells people how you feel and how confident you are.
- Confidence is a major component of passing and just being accepted for who you are.

Another way to project an image of confidence is good grooming.

- People with low self esteem look like they do not take care of themselves.
- Keep your clothes and your fingernails, hair, etc. in good condition.

A great way to analyze your feminine image is to use a video camera.

- Record yourself while speaking, sitting, standing, and interacting with others.

Self-awareness is the key to developing yourself.

- You can make positive changes by having a clear picture of where you are at where you want to go.
- Love and self acceptance are key.

- Just remember that it's a journey and that you will never be perfect.

Non-verbal ways to project sexiness:

- Sexiness is not an external quality but a state of mind.
- Smiling is an easy way to look more sexy.
  - **Smiling says that you're comfortable with yourself.**
- Since sexiness is about holding yourself in high esteem then you should never hold yourself in a defensive position; such as slumping your shoulders, crossing your legs, or fidgeting.
  - **Always maintain an open position, especially if you're interacting with another person or group.**

Facial expressions are very important to your overall image.

- Your face tells the world how you feel.
- What feels like a neutral position to you might look grumpy to others.
- Wear a pleasant expression on your face and smile a lot.

- Studies show that women smile more than men, so smiling is a feminine trait.

Bad manners can ruin an otherwise good image.

- Your image and your non-verbal communication have to be congruent to each other.
- Avoid cursing and ditch **the “diva” act.**

Ladylike behavior is a lost art!

- Class and dignity are as important as fashion and beauty.

Examples of celebrities with style, confidence, and grace:

- Classic celebrities like Jackie O., Grace Kelly, Audrey Hepburn
- Michelle Obama
- Kate Blanchett
- Natalie Portman

Nobody is born with a great image.

- A great image requires a lot of hard work and self improvement.

Cisgender women had a whole lifetime of trial and error, so be patient with yourself!