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# Occupational therapy

Three women explain how they overcome the challenges of dressing for their jobs

HOW TO DRESS FOR MEETINGS FROM HOME  
BRONWYN COSGRAVE,  
WRITER AND BROADCASTER

My days are divided between working in seclusion (at home in London or in libraries), and meetings with professionals. When I left office life behind, I had thought I could get away with mixing inexpensive casuals with elements of the chic workwear I once wore every day working at a fashion magazine.

I was wrong. Like most writers, I tend to lose track of time once engrossed. This means I often sacrifice wardrobe-prep time to make it to meetings, so being able to make brisk changes is essential.

Now, for mornings spent writing, I mostly wear plain black garb – trousers and T-shirt combos by Los Angeles designer James Perse, which I pick up at Selfridges. The most stylish I get is pairing a blouse by Erdem, Moschino or Chanel with Banana Republic trousers.

When I have a meeting, break for a coffee with a friend, or need to leave my desk unexpectedly, I have a formula. On go shoes by Rupert Sanderson and a necklace by Belmacz. If it's raining, I'll wear my D&G trench-coat; if it's cold, my Moschino coat. Another essential is a bag that will fit a computer – mine is from Sergio Rossi. The right accessories, I've found, add polish and transform my rather anonymous clothes into a fabulous outfit.

For a big meeting, I prefer to look more sophisticated. These days, wearing a suit, after a few years of working in a more relaxed mode, feels like I'm harnessed into corsetry. So dresses, especially those by Barbara Tfank, have become my staple. Aside from their time-saving factor – they go on in seconds – great dresses are as comfortable as pyjamas. Most of mine work from dawn till dusk, so if I'm wearing one with flats by day, I can slip on some heels and be ready for evening cocktails.

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£1,205,  
Moschino

From £41,  
James Perse  
at Selfridges

£725,  
Moschino

£495,  
Rupert  
Sanderson

£625,  
D&G

£965,  
Sergio Rossi

## COSGRAVE'S GUIDE TO CHIC HOME-WORKING

**1 GROOMING MATTERS** Being tidy makes you feel professional – so maintain your standards even if you're not leaving home.

**2 KEEP IT CLASSIC** Time spent co-ordinating fashionable separates is better devoted to generating more work.

**3 AVOID DENIM** Unless you know you have a meeting-free day, steer clear – for me, jeans are too casual for work situations.

**4 LET LOOSE ON WEEKENDS** It's a great excuse to dress differently.