

Powerful Shoes, Powerful Statement



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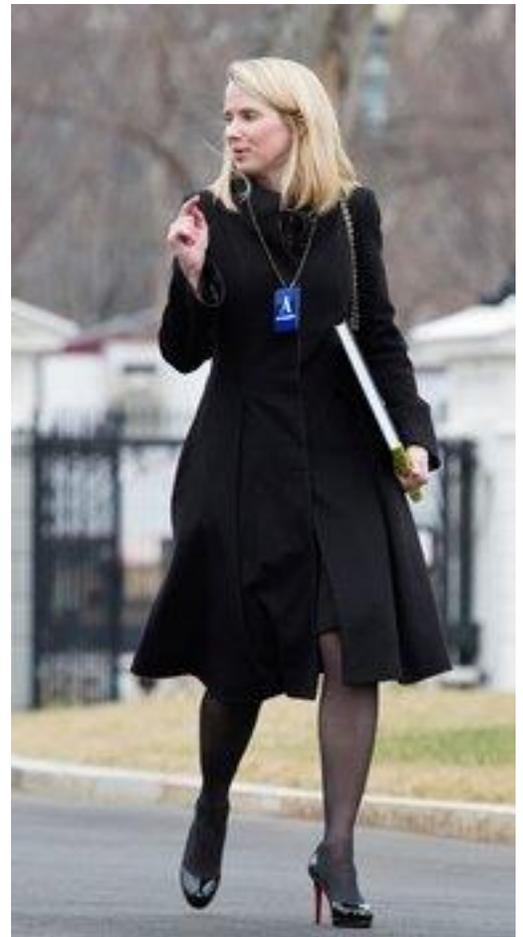
Glamour superseded practicality when the first lady wore spiky heels during the 2013 inaugural parade.

I embrace the high heel in every form. I would jog in them if I could; the heel to flat ratio in my closet is about 20 to 1. I love the way they look, as well as the way they make me feel: taller, sleeker and more powerful. And I am not alone.

As a new devotee of the show “Scandal;” I noticed that I have never once seen Kerry Washington in a flat, and she has been busy for three seasons "fixing" all of Washington. There is a reason that the costume designer chose to have Washington's character in a perpetual heel. Her four-inch platforms tell us that she means business — that her heels are made for stomping. Sporty and comfortable, she is not. She can leave that look to another D.C. denizen who doesn't have the president on speed dial. She dresses the part, literally.

Joshua Roberts/Reuters Marissa Mayer, president and C.E.O. of Yahoo, wore power heels to a meeting with the president last winter.

And so do millions of women in the workplace. In many industries, heels are an expected part of the professional uniform. In the fashion world, forget it. They are required. Heels not only say "chic," but they provide polish and elevate the workplace wardrobe. And it is my studied opinion that everyone looks better in a heel, no contest.



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Did we see Michelle Obama in a sensible flat at the Inauguration? Would it have been more comfortable? Yes. But would it have read "First Lady of the United States"? When we walk into a female C.E.O.'s office, what do we think we will find on her feet? I predict a serious pair of heels.

Footwear can be a powerful statement (and add four inches to your height). Trust me men, if you could, you would be wearing them, too.