

NOW
SKILLS

Sit Up: Body Language in an Interview



Your Body Speaks!

The likelihood is you'll be thinking about all kinds of different things before an interview – the questions, your clothes, how to get there – but one thing most people don't think about is how their body language is going to come across. Neglecting this is a big mistake though, as it can really make a huge difference to how you are perceived. Get it wrong and you can come across as unconfident, rude or too laid back, but get it right and the interviewer will form an even better impression of you. After all, how you present yourself makes up a massive 55% of your communication.

Handshakes > Handcrushes

Try to perfect your handshake. It shouldn't crush the interviewer's hand, but it shouldn't be really weak either. Practice on your friends and family in order to get it right. Also, don't shake hands when you are sweating – if you do sweat a lot, wash your hands just prior to the interview starting

Posture

When you sit down, make sure you sit up straight. Relaxing back into your chair is simply too casual and makes it look like you don't care about the interview. It might not seem too natural to sit up straight, but you won't look stupid when you do it – in fact, the interviewer will probably be sitting in the same way!

FIDGETING

Don't keep fidgeting with your hands, place them on your lap and try to keep them there, except for when using hand gestures while talking. Playing with your hair, twiddling your thumbs and tapping your fingers will distract the interviewer from what you are saying and also mark you out as nervous.

EYE CONTACT

Make sure you make good use of eye contact. Don't stare at the interviewer constantly throughout the time you are with them, but make sure you look them in the eye when you greet them, and when you are making important points to them. The eye contact is an indicator of a confident person – something

HAND GESTURES

Be animated when you are talking, use hand gestures and allow yourself to look at all the interviewers (if there are more than one). By being animated, you'll instantly gain the attention of the interviewers, therefore they will remember you for the right reasons. After all, passion and energy are qualities that every Employer looks for.