

GET THE JOB

Interview Tip: Body Language

Your body language plays a critical role in how you're perceived by hiring managers, whether the talk is held online or in person.

Opinions will be formed, even if they are subconscious, based on non-verbal signals.

That's why it's so important to work on your physical demeanor. In some cases, practicing your answers is all that's needed to build confidence. If you're still not answering as smoothly as you'd like, consider enlisting friends and family to conduct mock interviews with you. Record the interactions so you can observe your body language and how you present yourself. Even pledging to become more conscious of your body language during everyday social interactions or when hanging out with friends can serve as an opportunity for improvement.

YOUR POSTURE

A slouch will be noticed from the moment you arrive at the interview location, whether it is the company's offices, on camera or even outside. Remember, you may be observed in the lobby or parking lot, so work at exuding confidence by standing tall with



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your shoulders back. Avoid rushing or stumbling; instead, move with purpose and poise.

EYES AND SMILE

Make good eye contact when introducing yourself and when answering questions. This builds trust, while serving as an indicator that you're serious and engaged. Of course, there's

a balance to be struck: Avoid being overly intense, as it can come across as creepy. When the interviewer is speaking, make sure to maintain eye contact. Similarly, when you are speaking, maintain eye contact for a few seconds, then briefly look away before making eye contact again.

In a group interview, start by

making eye contact with the person who asked the question, and then briefly glance at each of the other interviewers. Another important aspect is smiling. Begin your interview with a warm smile and a friendly greeting. Throughout the interview, smile appropriately to convey positivity and engagement.

SITTING ETIQUETTE

The way you sit during an interview can reveal a great deal. Studies have shown that your sitting posture can convey aspects of your personality like confidence, honesty and mood. You may be giving away a lack of enthusiasm for the job, worry over certain lines of questioning, and your general attentiveness.

To make a positive impression, be as still as possible, sit at the back of your chair and keep both feet on the ground. Wait until you are invited to sit, and then position yourself squarely in the seat. This posture not only helps you maintain an upright position but also conveys confidence. If given a choice, opt for a chair with a straight back for better support.

OTHER KEY TIPS

The larger goal is to present yourself as an engaged, confident and professional candidate during your interview. So, lean forward slightly when the interviewer is speaking to demonstrate your interest in the conversation. Keep your hands resting on the table, armrests, or in your lap. Avoid touching your face or hair, as well as crossing your arms, as these gestures can be perceived negatively. Avoid pointing, excessive fidgeting, biting your nails, tapping your feet or fingers, twirling your hair or cracking your knuckles.