



Guide to Interview Body Language

Before attending an interview you would have researched the company and have some answers planned, but have you considered the importance of your body language? Have a look at our top 10 tips to help you succeed.

WALK THE WALK

Consider how you walk into the interview, shoulders back, head up and looking at the interviewer – make a good first impression.

MIRROR YOUR INTERVIEWER

Aligning your body's position to that of the interviewer's is known as mirroring and it can show admiration and agreement

MAKE EYE CONTACT

Strong eye contact is a must, try not to drill the interviewer with your stare though!

SHOW YOU ARE INTERESTED

Lean in occasionally – again this shows you are engaged.

HAND GESTURES

Use hand gestures – this shows engagement and also prevents nervous fiddling. Also showing your palms can be a sign of honesty and engagement.

KEEP NERVES AT BAY

If you are nervous, take 10 deep breaths before the interview. This will reduce your heart rate, blood pressure and stress levels.

SIT UP STRAIGHT

Sit up straight with both your feet on the floor, or crossed at the ankles (this prevents awkward leg uncrossing and re-crossing!)

SHOW YOU ARE LISTENING

Tilt your head and nod occasionally to show you are really listening to what the interviewer is saying.

SMILE!

Don't forget to smile to show you are relaxed and to create a positive environment.

SHAKE HANDS

Offer a firm handshake – this shows confidence and assertiveness..

Completing a Belbin GetSet report will help you to talk about your strengths with confidence which could give you the edge in an interview.

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