

## 7 body language tips to impress an interviewer



Our body language tells others a lot about how we're feeling. It's important in the interview to show confident body language to assure the interviewer that you're right for the role.

Here are seven things you can do with your body language to impress your interviewer.

### 1. Offer an equal handshake

If you're meeting in person and the interviewer offers a hand to shake, make it nice and strong without breaking their fingers. It's best if you can match their strength to make it an equal handshake.

### 2. Give the right amount of eye contact

Like the handshake, you need to get a balance between too much and too little eye contact. Eye contact shows you're confident, but staring too intensely might make them feel uncomfortable, so make sure you occasionally break your gaze.

### 3. Sit up straight

Slouching or leaning can make you look uninterested, so sit up straight and relax your shoulders. You can relax backwards into your chair if it helps you to feel more comfortable, as long as you're still holding your posture.

### 4. Sit calmly

Be aware of any nervous energy leaking out of you through twitching your legs or constantly moving about in your chair. Try to keep still, using your hands to help you talk.

### 5. Use your hands well

Hand gestures are a great way to help emphasise what you're telling the interviewer. However, be aware of your hands playing with jewellery, your hair, or buttons on your shirt as these could be signs that you're feeling nervous.

### 6. Keep your body language open

Your nerves during the interview might cause your body to form barriers with the interviewer. Try not to cross your arms, and keep facing in the direction of the interviewer.

### 7. Slow your breathing

Remind yourself to take deep breaths when listening to your interviewer, and take pauses to breathe while you're talking. Not only will it help you to appear more relaxed, it'll help you feel calmer too.