

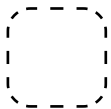
A confidence boosting tick-list

Confidence is key to a successful interview; the interviewer will feel more assured about your fit for the role if they can see you're confident about it too.

Here are eight quick things you can do to boost your confidence just before your interview:



Put your legs hip-width apart and stand up tall for two minutes



Look in the mirror and say "I'm great at what I do and this job is mine."



Remind yourself of three things you're great at



Write down your three top career achievements



Write down three things you're grateful of in your career



Close your eyes and count your breathing for two minutes



Close your eyes and imagine the interviewer saying "We'd like to offer you the job."



Remember that the interview is a conversation for you to decide if you like them too