

Devonshire Tips

Interviews - Body language

Most people don't think of body language as having anything to do with interview preparation, but that is simply not the case. On the contrary, your body language is a crucial part of preparation and focus on the actual interview. The way we move, our gestures and what we wear all say something about who we are, so how can you make sure that first impression is the one you want to make?

Before you get there

Try to relax! Interviews can be very stressful and it's natural to feel nervous – the important thing is how well you deal with those nerves. Some deep breathing and/or relaxation exercises can be very beneficial and get you into a calmer state of mind.

Entering the interview location

From the beginning, do your best to adopt an air of confidence. Stand up straight, hold your head high and think positively. When you meet the interviewer, smile and give a firm, but friendly handshake to greet them (there is nothing worse than a limp, weak handshake!).

During the interview

Do your best to maintain eye contact with your interviewer, but don't overdo it – it's not a staring contest! Keep your posture upright, as it makes you look attentive, and perhaps incline forward very slightly as this makes you look as though you are actively interested in what is being said – never slouch in your chair or hunch your shoulders. Try also not to cross your arms or legs, as this can make you appear to be defensive and creating a 'barrier' between yourself and your potential employer. Don't forget to smile! Smiling makes you appear more approachable, and can also help you put more expression into your voice, which suggests enthusiasm.

Finally, as well as keeping a check on your own body language, remember to keep an eye on your interviewer's body language – if you have been talking for a while and notice they are no longer keeping eye contact with you and have crossed their arms, perhaps it's time to get to the point!

Leaving the interview

No matter how you feel the interview went, ensure you leave the room as you entered it – stand up straight, smile, make eye contact and confidently shake the hand of your interviewer as you bid them goodbye and thank them for their time.

Maintain the same poise and assertiveness until you have left the building – only then is the interview truly over.