

recruitlogic corp.

How to Send Positive Signals During Your Interview

Body language is probably the last thing on your mind before you go into an interview. You are nervous and your heart is racing but the way your body reacts or is presented in an interview can give you the edge over other candidates. Try to remember the old saying "It's not what you say, it's how you say it," even if you're not talking. You need to effectively communicate your professionalism both verbally and nonverbally. Try these tips the next time to have an interview.

Walk into the room with a confident "hello" and make eye contact while giving a firm handshake.

Keep your eyes focused and sit up straight in your chair. Do not slouch or fidget.

Make sure there is a comfortable amount of space between yourself and the interviewer.

Lean in when the interviewer is speaking to you, if you appear to be rocking in your chair or leaning towards the door you appear uninterested and restless.

Show your enthusiasm by smiling, nodding and making positive gestures when necessary.

Stand up and smile even if you are on a phone interview. Standing increases your level of alertness and allows you to become more engaged in the conversation.

Say goodbye gracefully and make sure your goodbye handshake is just as confident as it was going in.

Keep your head up and remember to say goodbye to front door staff while you exit the office building.

Save the happy dance for the car ride home. Even if you aced the interview avoid any elaborate celebrating in the lobby to ensure all your hard work pays off.