

The importance of body language in an interview

A prospective employer can often learn as much about a job candidate from their body language in the interview as from what they say.

What exactly do we mean by body language? Well it is the way in which we conduct ourselves and our demeanour; it is the way we look, move and sit that sends out signals to others. Our body language can let them know how we feel, whether we are afraid, aggressive, confident, intimidated and a range of other feelings and emotions.

In an interview it is important to send out the right signals, to make a good impression. You need to be able to show that you are interested, enthusiastic and relaxed. Do not slump or slouch in your chair. You should sit back and look the interviewer(s) directly and be prepared to engage with them confidently. You should make eye contact with the interviewer and other members of the panel if appropriate. Great care must be taken with use of the hands when responding to questions or talking to the interviewer. It is accepted as good practice that the hands be used whilst talking in order to emphasise points you wish to make. Over use of the hands can be distracting and may leave the interviewer with the impression that you have an untidy mind. Never fold your arms when you are interviewed as this immediately puts up a barrier between you and the interviewer.

Interviews can be stressful and learning how to cope with this stress by being aware of ones body language is vital to success.

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