

Interview body language updated on Jan 2025

How Body Language Can Make or Break Your Interview

We all know interviews are nerve racking! What do you think is more important in an interview: what you say or body language? The answer is BODY LANGUAGE!

Many jobs' seekers practice what they are going to say in an interview, but few think about body language. With a little more practice, a candidate can show off their confidence, professionalism, and leave a more positive impression on the interviewer, which will better their chances in landing the job!

Studies show that messages and/or meaning are communicated in the following ways:

- * 55% by body language and facial expressions
- * 38% by your tone of voice
- * 7% by what you actually say

Body Posture

The experts agree that aiming for a neutral posture is your best bet. "Leaning back suggests boredom or lack of interest "

" Leaning forward can be just as problematic, as it can seem overly solicitous or even threatening. "Don't crowd the interviewer by leaning in too closely or over his or her desk,"

Standing or sitting up straight sends a message of self-assuredness—but it also makes you appear taller, which around the world is seen as a sign of smarts, confidence and credibility.

During the interview sit up straight, relax your shoulders, and fold your hands together in your lap. Some people don't know what to do with their hands, so it is best to keep them folded. Don't hold your arms across your chest. This can indicate a defensive attitude.

The posture with arms and legs crossed (POSTURE B) is called a CLOSED posture. It usually signifies a defensive or negative attitude, but beware of misinterpretation - the person may just be cold. The other posture with arms and legs uncrossed (POSTURE A) is called an OPEN posture and usually suggests a more relaxed, open attitude.

Physical Gestures

Pointing is often perceived as an aggressive motion and in some cultures is considered incredibly rude. Event off says any fast, repeated or aggressive hand gestures should be kept to a minimum.

"Avoid chopping gestures" chop gestures can psychologically cut up the space between you ad your interview in an aggressive way.

Enunciate your words and phrase precisely. Also, don't speak in a monotone voice- this shows a lack of enthusiasm.

Don't fidget! It can be very distracting to the interviewer if you shake your leg, play with your hair, wave your hands, click a pen, etc. Make sure to keep hand gestures to a small movement.

Make sure to show enthusiasm in the interview: **smile, nod your head**, etc.

Pay attention to the following.

Sit erect comfortably without craning your neck. Do not slouch.

Look attentive, keen and interested.

Talk clearly, maintaining a pitch that is comfortably audible to the person(s) around.

Do not get overexcited even while describing your achievements and strengths.

Listen to the queries attentively, constantly maintaining polite eye contact with the interviewers.

Nod your head to show that you are listening, interjecting appropriately with 'Yes Sir/Madam', absolutely, definitely etc.

Lean forward a little as you speak and backward as you listen.

Do not fidget, touch your face, or shake your legs.

Keep your arms either on your sides or in your lap. Do not fold your arms, as it is a sign of rudeness.

Use short simple sentences while talking.

As You Enter

Depending upon whether you are being interviewed by one person or a panel of interviewers, greet politely 'Good Morning'/Afternoon or Evening depending upon time of the day.

If there are more than one person then address them as 'Sirs/Madams' and try to encompass them all in your greeting. If there is only one lady in the panel, it is polite to greet her separately.

Most probably you will be offered a seat. Do not sit down unless you are asked to.

Facing the Interviewers

As you sit across the interviewer (s), look confident and relaxed. In most cases the interviewers themselves will try to put you at ease. Believe that they are there to let you prove your worth and mean no harm to you.

"Before going on your next interview, make sure to practice your body language. "