

15 Ways You Can Use Body Language to Help Land Your Dream Job



"Our words are only one way we communicate," said emotional intelligence expert and speaker Harvey Deutschendorf.

- Have a Firm Handshake
- Be Aware of Personal Space
- Square Your Body During Conversation
- Use Power Positions
- Make Appropriate Eye Contact
- Keep a Friendly Facial Expression
- Don't Use the High Steeple
- Travel Light
- Manage Your Clothes
- Keep Your Hands in Plain Sight
- Use the Middle Steeple Sparingly
- Avoid the Low Steeple
- Display Open Palms
- Don't Cross Your Arms
- Mirror the Interviewer

"Our bodies convey our thoughts and feelings and send messages that others pick up to make judgements about us. It's crucial to our success in all areas of life that we become aware of the messages our body language sends to others. By focusing on what our bodies are saying, we can ensure we send a complete message to make the desired impact."



www.talhealthcare.com



Resource: <https://www.workandmoney.com/s/body-language-job-interview-b41c28ea17da4d37>

Have a Firm Handshake

According to Dr. Dustin York, Director of Undergraduate and Graduate Communication at Maryville University, the perfect handshake is made vertically — don't put your hand on top of the interviewer's — and make eye contact when you shake. "Shake a woman's hand the same as you would shake a man's, and firm your hand before the shake to stop it from getting crushed," Dr. York said.

Be Aware of Personal Space

Research published in the Journal of Neuroscience actually determined how close is too close when you stand next to someone, based on when people start to feel threatened. Apparently, that invisible boundary is between eight and 16 inches from your face, with people with anxiety requiring more personal space.

Square Your Body During Conversation

Dr. York recommends playing the "lava game" when you're sitting down. For example, don't let your back touch the back of the chair. "This forces you to sit only on the front half, either straight up or slightly forward," he says. "People like others less if they are leaning away, which tends to happen if you sit all the way back in a chair."

Use Power Positions

In a job interview, these positions tell the interviewer that you value the conversation and are interested in what they're saying.

Make Appropriate Eye Contact

Deutschendorf recommends maintaining eye contact for a few seconds, then glancing to the side for a few seconds, keeping the conversation focused and respectful to the other person at all times. "It's important to glance to the side instead of the floor as this may be perceived as a lack of self regard," he said. "And never roll your eyes, as this communicates a lack of respect."

Keep a Friendly Facial Expression

Basically, strike a balance between being friendly and respectful. "A scowl or expression that is too severe can convey hostility, causing defensiveness and discomfort in the other person," Deutschendorf said.

Travel Light

"How you manage your overall appearance contributes to your interviewer's perception of you," said body language expert and interview technique coach Nick H. Kamboj. Try to keep baggage to a minimum. Leave it with the hotel concierge or in a locker until after your interview.

Manage Your Clothes

You can apply Kamboj's advice to your clothes, too. If you're prone to nervous fidgeting, don't wear anything that can be played with, like a scarf, a long necklace, or a top with sleeves that come down beyond your wrists.

Don't Use the High Steeple

"This results in an air of authority," Kamboj said. "However, it should not be used during an interview unless you are a mature applicant with many years of work experience. It could come across as arrogant instead of confident — in this case, there is a fine line and it's best to err on the side of caution."

Avoid the Low Steeple

"Never use this gesture during an interview," Kamboj said. "It's more appropriate in a personal situation, for example when apologizing to a loved one; when done effectively, the low steeple can demonstrate extreme humility and sincerity. But in the wrong scenario, it can communicate very low confidence."

Use the Middle Steeple Sparingly

"Accordingly, the middle steeple demonstrates average confidence and the low steeple demonstrates the lowest confidence."

Don't Cross Your Arms

"If you cross your arms during an interview, it immediately communicates to the interviewer that you are closed to open discussion, and give the impression of a negative position towards the interviewer as well as the interview itself," Kamboj said.

Display Open Palms

"This means the listener is more likely to trust a person with open palms. During an interview, if you feel that the interviewer doesn't believe what you are saying or seems to be sceptical, immediately display open palms."

Mirror the Interviewer

Smiling is an instinctive type of mirroring body language — most of the time, seeing someone smile makes you want to smile too. However, it's not advisable to mirror everything movement your interviewer makes, as this will quickly become obvious and come across as forced and insincere.