



---

## The Interview: Saying it Right with Your Body Language

You thought you said all of the right things during your interview, but in the end, you weren't offered the job. So what went wrong? Maybe it wasn't what you were saying with *your mouth* during the interview, but what you were saying with *your body* that hurt your chances. The truth is that even before you open your mouth, your body language is making an impression on the people (or person) conducting the interview. Read on to learn how to make sure that your body language is helping your chances of getting the job, and not hindering them.

### **Walk this Way**

Make sure that you walk confidently as you enter the building, throughout the interview, and as you leave. Have your shoulders back, and hold your head high, walking at a medium pace.

### **Shake It**

Greet the interviewer and/or panel with a nice, firm handshake. Keep a neutral wrist; don't let it droop. And in the end, don't forget to finish with a handshake, thanking the interviewers for their time.

### **Smile!**

Make sure that you smile when you're greeted, when you leave, and at other appropriate times during the interview.

### **Posture Makes Perfect!**

Maintain good posture throughout the interview. Slouching in your chair indicates that you are bored with the interview or the interviewer. When the interviewer is talking, lean slightly forward. This shows that you are interested in what is being said.

### **The Eyes Have It**

Remember to maintain eye contact during the interview. This shows confidence and that you are open to what is being said to you. If you have a panel interview, look the speaker in the eye, and when you're responding, make eye contact with each member of the panel.

### **Open Arms**

Finally, it is important to avoid folding your arms over your body during the interview. This indicates to the interviewer(s) insecurity or defensiveness. Keep your arms open, with your hands rested in your lap.



---

**See the following articles for more information:**

- [\*\*21 Major Interview Mistakes to Avoid at All Costs\*\*](#)
- [\*\*The Best Way to Prepare for a Job Search and Interviews\*\*](#)
- [\*\*How to Talk About Other Interviews in Your Interviews\*\*](#)
- [\*\*How to Answer the Tell Me About Yourself Interview Question\*\*](#)
- [\*\*How to Answer the Do You Have Any Questions for Me Interview Question\*\*](#)