



Improve Your Body Language to Get Your Dream Job

You've crafted the perfect resume and sent it across to the interviewer to apply for your dream job. Let's assume you're being shortlisted based on your resume and have received an interview call. You definitely don't want to hinder your efforts on this big day of your life by portraying negative body language and gestures.

Personal poise, confidence, smartness and manners go a long way in helping you land the job you always wanted. Hence, monitoring your body language during an interview is extremely important because it conveys a lot about you. Interviewers most often make judgments on the basis of an interviewee's attitude. So, it's very important to know how to conduct yourself in an environment where you are not simply being rated on what you say.

At times we notice that people may not have said the right things during an interview and get the job despite being less qualified. This is because employers chose to hire them for their attitude and the messages they conveyed through their actions. Employers know that they can train candidates with the right attitude in everything else.

Here are ways in which you can improve your body language and get the desired job in a market full with applications:

A Firm Handshake with a Smile: Be the first to extend your hand. This denotes control and communicates that you can lead the way. Also, ensure it's the right hand that you extend towards the interviewer. You should not have your palm facing upwards or downwards. In both cases, it means that you are dominating. Likewise, a limp handshake never impresses an interviewer. It signifies uncertainty or nervousness. Always keep your hand perpendicular to the ground, wear a smile on the face and give one firm shake to the interviewer's hand. This shows your confidence and politeness at the same time.

Make Eye Contact: Looking away from the speaker indicates that you are shy, nervous, distracted or lying. On the other hand, maintaining eye contact demonstrates attentiveness, respect and sincerity. However you must not look steadily into the interviewer's eyes. This could make the interviewer uncomfortable. You could shift your gaze to other areas of the face after a few seconds and then return back to the eyes. If you are dealing with more than one interviewer, you must address both people with your gaze while answering questions.

Sit Properly: Sit comfortably on the chair provided to you. Sitting on the edge of the chair indicates



that you are feeling uneasy. Crossing your feet at the ankles, or putting them together and flat on the floor in front of you are both good things to do. This shows professionalism. Resting an ankle on the opposite knee is too casual. Likewise, instead of folding your arms across the chest, which shows that you are getting defensive, choose to loosely clasp your hands in your lap or on the table.

Don't Jiggle or Get Fidgety: Shaking legs is irritating for an onlooker. Besides, it indicates nervousness or a need to finish off the interview soon. Similarly, running fingers through the hair, touching your face, nose, ears or neck during the interview can signal that you may be anxious or lying.

Restrict Head Movements: Enthusiasm should be under control. Keep an interesting expression on your face without twitching your lips too much and only nod when required. In spite of your urgent need for the job, you should not look like a bobblehead. Nod and make positive gestures in moderation. You will look self-assured and authoritative if you keep your head straight. The interviewer will take you more seriously.

The key to a successful interview is leaving a lasting good impression. Interviewers love hearing what is unsaid. Embrace these interview tips and be heard over the competition.

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](#)