

Body language and dress code tips

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DO

Give a firm handshake, it shows you have confidence in yourself and your abilities

Relax and don't hurry or rush your movements

Maintain a high level of contact throughout - however be careful not to stare

DON'T

Have a poor or limp handshake

Display laziness

Act aggressive or conceited

Have a poor voice or diction

DO

Smile, nod and give non verbal feedback to the interviewer

Stand tall and confident

Be alert and enthusiastic to show you are interested

Show you are listening by directing yourself at the interviewer

DON'T

Look distracted or disinterested

Look down or avoid eye contact

Talk too much

Lose concentration or attention

Dress code

Mens

Trouser suit, smart shirt, neat and professional hairstyle, neatly presented

Womens

Trouser suit, smart dress, smart skirt, shirt or blouse, professional hairstyle, neatly presented



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RECRUITMENT