

BODY LANGUAGE AND DRESS CODE TIPS



WHY IS IT IMPORTANT?

How you present yourself is important at interview for those all important first impressions is vital!

Your appearance, dress code and body language say a lot about a person and can have both a negative and a positive impact.

We want to make sure you give a positive first impression!

DO...

- Give a firm handshake, it shows you have confidence
- Relax and don't hurry or rush your movements
- Maintain a high level of eye contact throughout - however be careful not to stare
- Smile, nod and give non verbal feedback
- Stand tall and confident
- Be alert and enthusiastic to show you are interested
- Show you're listening by directing yourself at the interviewer

DON'T...

- Have a poor or limp handshake
- Display laziness
- Act aggressive or conceited
- Have a poor voice or diction
- Look distracted or disinterested
- Look down or avoid eye contact
- Talk too much
- Lose concentration or attention



DRESS CODE

Trouser suit | Smart shirt | Smart dress
Smart skirt | Smart blouse
Neat and professional hairstyle
Neatly presented

