

INTERVIEW ETIQUETTE BODY LANGUAGE & DRESS CODE



Here are some tips for an interviewee regarding body language and dress code

Dress Code:

Research the Company Culture: Find out the company's dress code by checking their website, social media, or asking the HR representative who scheduled the interview. Dressing appropriately shows respect for the company's values.

Dress One Step Above: When in doubt, it's better to be slightly overdressed than underdressed. A business professional or business casual attire is generally a safe choice for interviews.

Choose Neat and Well-Fitted Clothing: Your clothing should be clean, well-fitted, and free from wrinkles. Avoid overly flashy or distracting accessories.

Wear Comfortable Attire: While looking professional is important, also prioritize comfort. Wearing something you're comfortable in will help you feel more confident during the interview.

Limit Fragrances: Avoid wearing strong perfumes or colognes, as some people might be sensitive to scents.

Body Language:

Maintain Eye Contact: Make regular, natural eye contact with your interviewers. It conveys confidence and engagement.

Smile: A genuine smile can help create a positive first impression and put both you and the interviewer at ease.

Firm Handshake: When you greet your interviewer, offer a firm but not overly aggressive handshake. A handshake is often the first physical contact and can set the tone for the interview.

Sit Up Straight: Good posture communicates attentiveness and confidence. Avoid slouching or leaning back too much.

Gesture Naturally: Use natural gestures while speaking to express yourself, but avoid excessive gestures that might be distracting.

Mirroring: Subtly mirroring the body language of the interviewer can build rapport and create a sense of connection. However, be sure to keep it natural and not overt.

Avoid Fidgeting: Nervous habits like tapping your fingers, shaking your leg, or playing with your hair can be distracting. Try to keep still and composed.

Active Listening: Nodding occasionally while the interviewer speaks shows that you're engaged and actively listening.

Use Open Posture: Keep your arms open and avoid crossing them, as crossed arms can be interpreted as defensive or closed-off.

Control Your Voice: Speak clearly and at a moderate pace. Avoid speaking too fast due to nervousness.

Conclusion

Remember, your body language and dress code are essential components of your overall communication during an interview. They can influence the interviewer's perception of you as a candidate. Practice beforehand if needed, and don't forget that confidence and authenticity go a long way in making a positive impression.

and finally don't forget...

We are here for you to answer any questions or concerns you have and to provide any help...

Good Luck!

The Team at Lucy Walker Recruitment