

# BODY LANGUAGE DOS AND DON'TS

## to Ace Your Job Interview

Whether you like it or not, body language can make or break your career. That's why expressing yourself properly in an interview can prove to be a great advantage.

### DOs

#### Smile



Smiling conveys a pleasing attitude and a sincere interest.

#### Make eye contact



Maintain eye contact to engage with the interviewer.

#### Sit comfortably



This helps you establish confidence, which rubs off on the interviewer.

#### Mirror your interviewer



This strategy allows you to quickly build rapport with the interviewer.



### DON'Ts

#### Slouch



Slouching negatively affects your posture and even your breathing.

#### Sound too rehearsed



Strive to sound natural. Be prepared, but avoid sounding too rehearsed.

#### Touch your face too much



Be conscious with your body movements. This, in particular, is a no-no.

#### Be self-absorbed



Making your skills stand out should be your goal, so focus on that instead.



First impressions are often important, especially in a professional setting. Don't let your body language ruin your next job interview.

Advance your career with these job interview body language tips only from the best resume writing service provider!