

## POSTURE

Make sure you are holding your head held up high! Pull your shoulders back and down and walk directly towards the person in a friendly manner.

## SIT UP STRAIGHT

Sit firmly and lean your back straight against the chair. If you're a natural sloucher, pretend there's a string pulling you up from the crown of your head.

## EYE CONTACT

This is important to show confidence, and to show that you are interested and engaged. You can try looking at the person, but just at their face rather than their eyes.

## STAY GROUNDED

Think about grounding your feet firmly on the floor if you are feeling a bit fidgety.

## SMILE

People relax when they smile, the more you smile the happier you feel so use it to relax you. It will also give a good impression to the interviewer.

## BREATHE!

One way to soothe interview nerves is to breathe properly. This helps keep you calm. So breathe in, then speak as you breathe out

