

Our Top Tips if you find eye contact difficult in interviews

Find a spot to look at

If looking directly at someone's eyes feels stressful, look at a spot between their eyes, their nose or their ear.

It's okay to look away

Looking away is a natural part of conversation especially when we're thinking. Staring can feel uncomfortable.

Keep eye contact for about 50% of the time when you're speaking and about 70% when listening.

Practise!

You can practise making eye contact with people you are more comfortable with to build up your confidence. You can even try it with people on the TV.

Include everyone

It is likely that there will be more than one person in the interview. Make eye contact with everyone so you are engaged with each person. This is also a natural way to break your gaze without looking nervous.

Make a gesture

Nodding, smiling or moving our hands can break up eye contact more naturally. It also enhances our interest and enthusiasm.

Smiley eyes look friendly!

