

Interview Tips: Master Your Nonverbal Communication

If you are going to an interview, there are many things you will want to consider. Many people think that knowing how to accurately answer the questions is the only thing that needs to be practiced. In reality, you also need to master your [nonverbal communication](#) to demonstrate your best attributes to the interviewer. There are a few things you will need to think about.

Your nonverbal communication is one of the most important aspects of an interview. This includes factors such as your gestures, body language, facial expressions, and more. These communication signals are important because they send a multitude of messages to the interviewer. Many times, nonverbal communication is subconscious, but it is still something that people will notice. Just as you will control what you verbally say, you will want to control what you communicate nonverbally, too.

Interview Tips: Nonverbal Communication

It is a good idea to have your verbal match your nonverbal communication. This means if you say you are confident that you can give the business what it needs because you have years of experience, you do not want to come off as timid, shy, and unsure of yourself. Instead, you want to exude confidence. Here are a few [interview tips](#) for nonverbal communication in an interview:

Get Plenty Of Practice

One of the best things you can do is to practice your interview ahead of time. You can do this by yourself, though you will want to have a mirror or video recording so you can evaluate your communication signals. When you look at this, you should think about the things you appear to be saying nonverbally and think about how you can change them to give the impression you are looking for.

Be Mindful During Your Interview

You should be aware of how you are communicating during the interview, but be sure not to overthink and become distracted from the interview questions. For example, if you want to demonstrate your confidence, then you need to think about having excellent posture, keeping eye contact with your interviewer, and making sure to keep a calm demeanor.

Be Aware Of Your Hands

A big issue many people face when they are in an interview is that they do not know what to do with their hands. Individuals should avoid fidgeting and touching their hair and face because the interviewer can read these communication signals negatively. These nervous movements and fidgets may be a sign of anything from uncertainty in your qualifications to lying about something.

It is also important to give the interviewer an open body position without crossing your arms, which shows that you are comfortable and open for discussion. By crossing your arms, you are sending the message that you are closed off, which make an interviewer think you may have something to hide or are feel negatively about the interview. You can keep your arms at your side or on your lap. Using your hands when you explain something is fine as well, and it is seen as a very open gesture to show your palms to the other individual while explaining.

Pay Attention To The Interviewer's Nonverbal Communication

While thinking about the right thing to say both verbally and nonverbally, you need to think about the message you are getting from the interviewer. For instance, if you see them lean back or look uncomfortable, you may be in their personal space. If the interviewer seems impatient or uncomfortable, you may want to try to explain yourself better or offer shorter and more concise answers.

There are many different aspects to think about with nonverbal communication and what it means in the business world. If you are finding that you are not having the success you want with an interview, you may find it helpful to take a class on nonverbal communication so you can achieve the results you are looking for.

