

# NON-VERBAL COMMUNICATION SPEAKS LOUDLY

Tips to avoid distracting body language  
during a professional interview



1

## EYE CONTACT IS VITAL

Making eye contact demonstrates a high level of attentiveness, awareness and confidence. It lets the other person know you're giving him or her your undivided attention. Be sure to make eye contact with every single person in the interview room.



2

## BE AWARE OF YOUR HANDS

Before your interview, practice placing your hands in a position that is not distracting, such as folded in front of you on the table. It's easy to cause a distraction by rubbing your hands together, clenching your fists or playing with your hair.



3

## KEEP HAIR OUT OF THE WAY

Hair can easily get in the way of meaningful conversation. Style your hair in a way that will minimize distraction so that you don't get stuck constantly brushing it out of your face or even playing with it throughout the interview.



4

## RELAX YOUR SHAKY LEGS

A lot of people shake their legs when they're nervous. That's OK, but be aware that it can distract the person you're trying to impress. Crossing your legs is an easy way to minimize or eliminate the shakiness.