


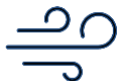




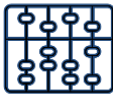


Self-confidence during interviews

This guide gives you strategies for building and showcasing confidence during a job interview. It is crucial to making a positive impression.

	Prepare thoroughly	<p>Research the company, understand their mission values, recent developments. Familiarise yourself with the job description and articulate how your skills align with the role.</p> <p>Practice common questions, using the S.T.A.R. model (situation, task, action, result) to structure your strengths and past achievements.</p>
	Positive self-talk	<p>Boost your self-esteem, replace negative thoughts with positive affirmations. Remind yourself of your strengths and past achievements. Reframe self-limiting beliefs into positive thoughts.</p>
	Body language	<p>Maintain an open posture demonstrating trust; maintain good posture, sit upright with your shoulders back. This not only makes you look confident but also helps you feel more confident.</p> <p>Make eye contact throughout, this shows that you are engaged and confident in your responses.</p> <p>Use a firm handshake, this sets a positive tone at the outset of an interview.</p>
	Breathing techniques	<p>Stay calm, take deep breaths before and during the interview to help manage anxiety and maintain focus.</p> <p>If you start to feel anxious, pause and take a breath. Repeat back the question that has been asked, pause then share your answer.</p>
	Mock interview	<p>Practice your interview with a trusted friend. Conduct a mock interview to get comfortable with the format, ask for feedback and use this to adapt and change your approach.</p>

	Dress for the meeting	It is important you feel the part. Choose your attire to match the company's culture, whilst also reflecting your personality. Dressing well can boost your confidence. Be comfortable in what you wear.
	Ask questions	Engage with the interviewer: prepare thoughtful questions about the role and company ahead of the interview. What is it you want to know? This will show your interest and hopefully build rapport.
	Visualise success	Positive visualisation, imaging yourself succeeding in the interview can help you to reduce your anxiety and will give you an edge will boost your confidence.
	Follow up	Send a thank you note after the interview, make it brief, but express your appreciation for their time, reiterate your interest in the role.

Suggested resources

Here are some helpful resources you can use when thinking about personal branding.

<https://uk.indeed.com/career-advice/interviewing/interview-confidence>

<https://www.careeraddict.com/be-confident-interview>

<https://www.zippia.com/advice/how-to-look-confident-during-an-interview/>

<https://topresume.com/career-advice/ask-amanda-interview-tips-boost-confidence>

<https://www.testpartnership.com/academy/interview-questions-confidence.html>

<https://jobprofile.io/blog/building-confidence-before-job-interview/>