Interview Body Language

- **Do** greet the interviewer with a confident handshake.
- **Do** keep an interested expression.
- **Do** maintain eye contact.
- **Do** nod head in agreement.
- **Do** sit up straight.
- **Do** keep your hands folded on your lap or on knees.
- **Do** lean forward slightly in your chair.

- **Don’t** sit with your arms crossed.
- **Don’t** be overly expressive with your hands.
- **Don’t** frown.
- **Don’t** slouch.
- **Don’t** stare at the interviewer blankly.
- **Don’t** rub or touch your nose or face.
- **Don’t** play with your hair.
- **Don’t** fidget in your seat.
- **Don’t** shake your legs.
- **Don’t** walk in pulling up pantyhose or adjusting your tie.