

# 3 TIPS FOR INTERVIEWS



## SPEAK WITH AUTHORITY

When you're answering questions, sharing your expertise, or stating facts, make sure your voice curls DOWN at the ends of statements.

This adds weight and credibility to your words.

## RELEASE TENSION

Calm your body so your movements are free and fluid to demonstrate confidence, ease, and belonging.



## OPEN UP

Stand or sit up straight and tall. Instead of hands in pockets or arms folded, keep your arms free and open. This shows you are capable of handling the situation and have nothing to hide.

