

Louder Than Words!



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Let's say you've sent out your resumes, pounded the pavement and made your cold calls. Let's say all your hard work has finally paid off and you've managed to land an interview. Now what?

First impressions

Once an employer reaches an opinion about you, it's almost impossible to change it. It goes without saying that you should dress well when attending an interview, in clothing appropriate to the position and to the company. It's also a good idea to try and prepare answers to the questions you will most likely face. What are your strengths? What are your weaknesses? The idea is to look calm and confident.

The little things that matter

As in most things, it's the details that count. When you meet your interviewers, be sure to make eye contact, adopt a pleasant smile and use a firm handshake. The handshake is important. Try to match the grip of the person you're shaking with, don't be a limp fish and, especially, don't crush their hand.

Your posture is equally telling. Sit down slowly and take a moment to relax, get comfortable. If you look composed, your interviewers will feel more at ease. Don't fidget throughout the meeting because that'll send negative signals.

Maintain eye contact. Don't use the thousand-yard stare, keep it relaxed and remember to blink. Focus on an imaginary triangle on your interviewer's forehead. Keep it neutral, you don't want them thinking you're hitting on them.

Use your body

Show the interviewer you're interested. Do this by pointing your knees in their direction, steering your body towards them. Also, use your hands—but not to scratch yourself. Being physically expressive when speaking demonstrates confidence and helps shape your ideas.

With the right dash of confidence and tact, you'll succeed in impressing your interviewers. Just remember, stay calm and collected!

Saint-Laurent Job Fair October 1 & 2

Aréna Raymond-Bourque

2345 Thimens Blvd.



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