



Overcome Your Fear of Interviews

Knocking knees, butterflies in your stomach, sweaty palms, quavering voice. We've all been there - some of us more than others. I'm going to share with you some of the tricks of the trade to help manage and reduce your anxiety before and during your Interview.

Give these strategies a try and see if they will help you too.

- Think about having a conversation?
Use your mental energy to think of your next interview as a conversation. You have conversations all day, every day!
Do you get nervous before a conversation? Most conversations are non-threatening experiences, just a way for two or more people to communicate something.
How is an interview different than that?
Try to think of your interview as a conversation, just with different people. See if that eases your mind and nerves.
- Make some new friends in the interview.
Most people are nervous in front of strangers.
What would happen if you had a friend in the interview, or a group of friends?
Would you feel more comfortable?
- Next time you have to sit an interview - do something revolutionary! Introduce yourself, shake hands, smile and greet the interviewers as if you have met them before. That way, when you're sitting in front of the interviewer, it is no longer a stranger, but a friend, because you met feel like you have met them before.
You'll feel comfortable when you make eye contact, and it won't be too hard, because they'll probably be smiling at you.
Put yourself in your Interviewer's shoes for a moment.
Imagine that you are interviewing a person at work. How would you feel if before the interview, the candidate took a moment to introduce themselves to you and smile?
Would you be more receptive to what they had to say?
I bet your answer is yes!

- What about smiling?
Smiling has a physiological affect on us - it helps to calm our nerves and make us feel better. It also has the added bonus of making us appear more pleasant, comfortable and happy - definite positive characteristics of a confident candidate.
Often times, the interviewer will mirror the expression of the candidate.
So guess what happens when you smile? You got it; your interviewer will be more likely to smile back at you.
- Let's review.
You've just learned some simple, yet effective, techniques to help reduce and manage nervousness while sitting an interview.
I challenge you to try them out and see if they work for you.
- Remember to:
Just have a conversation with your interviewer.
Make some new friends before you begin.
SMILE! It just might prove infectious and make you feel a whole lot more at ease!
Learn from every interview you sit and you'll see that it does get easier and easier