

How to Stay Relaxed and Positive During your Interview

If thinking about your upcoming job interview is making you nervous, you are not alone.

So how can you stay relaxed and positive during your interview?

It all begins with preparation. You can read our tips about preparation in the Tip Sheet *Preparing for a Job Interview*.

Once you have followed those preparation tips, you have done the most important part and set yourself up for a calm and successful interview day.

Here is what else you can do to stay calm and positive.

Plan your day. On the day of your interview, it is important to give yourself plenty of time to get ready and get to the interview location. Plan the timing of your day so that you won't be rushed. If you can arrive a few minutes early, you will be setting yourself up for a calm start to the interview.

Rehearse your answers. If you have thought about potential interview questions and how you might respond to them, spend some time rehearsing your answers. You can do this with a friend, family member, or by yourself in front of the mirror. Don't forget to smile at yourself and maybe even give yourself a pep talk in the mirror (don't worry, no one is watching and positive self-talk can be powerful).

Think of the interview as a conversation. An interview is simply a conversation between two or more people. Think of it as people getting to know each other and exploring if they would like to work together. If you can think of it like that, you will create a more relaxed vibe for yourself and help to calm your nerves. You never know, the interviewer might be nervous too!

First impressions. It is important to create a positive first impression. From the security guard to the front desk and anyone else you encounter on your way to the interview room, be polite, professional, and positive. Smile, look people in the eye, and even if you've had a terrible morning or journey to the interview, don't let this flavour your conversations. Creating a positive first impression will set the tone for the rest of the interview.

Act the part. Even if you are not feeling confident, try to act confident. This will help to overcome some of your nerves and create a positive vibe. A firm handshake and open smile is a great place to start.

Think about your body language. Beyond a firm handshake, make sure you look the interviewer in the eye, sit straight in your chair, and don't play with your clothes/hair/bag during the interview.