



Body language tips

Your body language will be pivotal to the conclusions the interviewers draw about you and your capacity to lead their district. They will form opinions about your sincerity, your level of interest, your confidence, and even your

competence. Every top level professional should possess the ability to use language to enhance communication. It's time for you to demonstrate yours.

Open your stance

Consciously opening your body position by uncrossing your arms and legs will avoid appearing defensive and, instead, convey that you are open and receptive.

Show respect

Listening carefully, without interrupting, until each interviewer has finished speaking is not only fundamental courtesy, it is a clear indication that you are a good listener and board members can expect to be heard and their input will be valued.

Visibly engage

Focusing your attention on the speaker without excessive blinking or looking away too often will demonstrate genuine interest.

Remain composed

Sitting as still as possible and calmly attending to each speaker will convey poise and self-confidence. Moving your body frequently is likely to be interpreted as uncomfortable and inattentive.

Ignore distractions

Offices can be busy and occasionally even noisy. Making a concerted effort to ignore outside sounds or disruptions will convey that your singular interest is the interviewer.

Tilt your head

Tilting your head slightly can affirm attentiveness; however, appropriate timing is essential to ensure you're not portraying doubt or dissent.

Offer reassurance

Slowly nodding your head occasionally can signify interest or encouragement, but nodding too fast can make you appear impatient and poor timing could suggest agreement that is out of place.

Stay focused

Leaning slightly toward someone who is speaking implies that you are not only very interested, you are making a concerted effort to hear everything that is being said.

Indicate compassion

Furrowing your brows, leaning in, and perhaps asking for detail will show that you can relate to the speaker's concerns.

Convey acceptance

Soft affirmations such as 'mmm' or 'I see' can indicate understanding and engagement.

Display empathy

Reflecting makes a speaker feel acknowledged. Subtly mirroring some of the speaker's body language has this effect. Paraphrasing what you hear in your response indicates that you heard and understood the speaker's points.