Conveying Effective Non-Verbal Communication During an Interview

The goal during an interview is to get the best responses out of a candidate to obtain a well-rounded view of the candidate. To make a candidate feel at ease and prompt the best responses, your body language should communicate cordiality and attention. Review the chart below to understand common non-verbal behaviors you should use (in red) and avoid (in grey).

**Interviewer’s Body Language**

- **Warmth**
  - Leaning forward
  - Relaxed tone
  - Smiles
  - Eye Contact
  - Nodding
  - Open posture

- **Disinterest**
  - Checking the time
  - No eye contact
  - Yawns
  - No change in facial expression
  - Slouching
  - Fidgeting

- **Submission**
  - Minimal input
  - Permitting interruptions
  - Fidgeting
  - Tapping pen

- **Hostility**
  - Crossing arms
  - Physical distance
  - Rigid posture
  - Pointing
  - Interrupting
  - Frowning