

Interview Insights - Herald Sun-September 2nd 2006

Did you know that research indicates that on average interviewers make a decision in the first 5 minutes of an interview?

So work on a positive attitude for interviews. The first impression counts more than most think. A positive attitude gives you your best chance of success in interviews. Many studies have shown that a positive attitude is the best predictor of success in interviews. If you have made it to the interview you must assume the other candidates all have pretty much the same skills as you. So the only thing that makes you different is how you look, body language and attitude. It all needs to show positive belief that you 100% want to be there in that interview. That first impression will be a great start for the interview.

Ask a any golfer about a positive attitude. If a golfer stands on the tee and only sees the bunkers, trees and other negative things, where will the golfer hit ball? But if they try to shut out all the negative obstacles and only see the middle of the fairway, then that's the golfers best chance of success. To give yourself your best chance of success work to reduce negative thinking.

It is ok to be nervous but you should not let that get out of hand. When you are anxious, it is likely you are breathing to shallow. Before the interview while your being positive breath deeply. Take deep breaths getting air to the bottom of your lungs. Properly oxygenating your blood ensures your cerebral brain (the bit you need in an interview) functions fully. We get mental blocks when the cerebral brain loses function and the limbic brain (the run or fight part) takes over, thus we get anxiety and poor performance.

While you are waiting in reception for the interview make sure you are not sitting hunched over, or slouching where it is difficult to breathe deeply. Do not over do it either, we don't want you falling over. Remember the way you sit or stand will help you feel more confident. So sit confidently where you can breathe properly and maintain a positive attitude. Remember whether you believe it or not interviews are fun! This attitude will improve your chances.

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