



## Interview Prep Guidelines

1. Dress professionally: First impressions are important, so make sure to dress professionally and avoid distracting clothing or accessories.
2. Wear solid colors: When it comes to clothing, stick to solid colors and avoid busy patterns or loud prints that may be distracting on camera.
3. Sit up straight: Good posture conveys confidence and professionalism. Sit up straight and avoid slouching during the interview.
4. Look directly at the camera: Make sure to maintain eye contact with the camera throughout the interview. This will help establish a connection with the audience and portray confidence.
5. A warm, genuine smile can make you appear more approachable and likable on camera. It also conveys enthusiasm and passion for your business.
6. Avoid distractions: Make sure to eliminate any potential distractions, such as background noise or objects that may take away from the focus of the interview.
7. Keep hand gestures to a minimum: While it is natural to use hand gestures when speaking, try to keep them to a minimum during the interview. Too much movement can be distracting on camera.
8. Be natural: It can be nerve-racking to be on camera, but try to relax and be yourself. This will make you come across as genuine and authentic.
9. Practice beforehand
10. Avoid wearing glasses, if possible.