

Dave's Top 10 Body Language Mistakes

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10. Legs Crossed - It is recommended that a good professional seating position involves sitting without the legs crossed – either gender. The only crossing that is suggested is crossing your ankles. No crossing your eyes either!

9. Sweaty Palms - Arguably not body language, if your palms are sweaty it says, “nervous!” One expert advises before a meeting, go to the restroom, and rinse your wrists for 60 seconds. It will give you dry palms for up to 10 minutes.

8. Bad Handshake - Not too firm, nor too limp. Give a firm hand, the thumbs in the upward position, and only two or three pumps. The interviewer should always initiate the handshake, being the first to extend a hand.

7. Bad Posture - Good posture is a must ... even in the waiting room. Sit tall, stand tall, and no slouching. You will appear confident with an inner strength. Good posture improves thinking by enabling good brain circulation.

6. Sweating Inappropriately - If you easily perspire, try to dress in cool clothes without sacrificing your professional dress code. Shower before leaving for the interview and use the auto AC. Being well-rehearsed will calm the nerves.

5. Failing to Nod Understanding - Provide good feedback with a nod or facial expression. Use of nodding will show you understand, a raised eyebrow will display interest and acceptance of what is said. Keep your head in the game!

4. Frowning - Your interest in what is being said is often tied to your facial expressions. If you frown inadvertently, you may say, “I don’t care for what I am hearing” or “I’m not very impressed,” all without using any words.

3. Fidgeting - Often mistaken as not paying attention, tugging at clothing, touching one’s hair, or shifting restlessly in your chair will not help you. It may suggest to the interviewer you are unable to focus or you’re just not interested.

2. Not Smiling - Most experts believe that smiling demonstrates warmth, energy, and confidence. Smiles even cause interviewers to involuntarily smile back at you. With no smile, you seem aloof or even grim. So, Smile!

1. Poor Eye Contact - Good eye contact says you are confident, attentive, and truthful. Send a positive message through your eyes. Do not stare; rather smile with your eyes. Do not forget your eyes are your window to your soul.