

Career Search Sitting Properly

As most interviews are held with both parties seated it is important to convey a positive message in the way you sit. In particular, this comes down to the placement of your arms and legs. With the upper limbs the guideline is that the less a person moves their hands and arms, the more powerful they are. This supports the view that they are used to people listening to them and they therefore do not have to resort to gesticulation to get their point across. The technical term for this is Low Peripheral Movement, or LPM. When being interviewed maintain LPM and you will make a more impressive impact with your interviewer. Try to keep your hands lower than your elbows; rest them on the arms of the chair, your thighs or even make a low steeple with the fingers of both hands.

The everyday seating position, with legs crossed high-up is not suitable for the interview setting because in this intimate context it actually conveys a defensive attitude.

Your legs need to convey confidence and there are two key positions that can communicate this the low cross or athletic position. The athletic position is where one leg is brought under your chair so that only the toe of that shoe is in contact with the floor. The other leg is firmly planted on the floor, parallel with the direction of the chair, with the entire sole of that shoe on the floor. This is a powerful position, conveying a readiness for action.

The athletic position is often not suited to female clothing and here the low cross position where the legs are kept together and crossed at the ankles should be adopted. These tips will help you to find the right job, more read on CraftResumes. You will find the best professional resume writer help there.