KNOW YOUR POWER

PREPARING FOR YOUR NEXT PRESENTATION OR INTERVIEW

REMEMBER

- About 80% of people get anxious before they have to present or interview
- Nonverbal communication is the majority of our communication
- The mind changes body and the body changes mind
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PREPARATION

- Record yourself to make sure you speak at an even pace
- Film yourself or practice in front of a mirror or another person to ensure you have good posture and you are not fidgeting

POWER

- Power dynamics are crucial to be aware of while interviewing
- Power stances increase testosterone and decrease cortisol
- Do not power pose while presenting or interviewing

QUICK TIPS

THE PRESENTATION

- Stand in a supported position with your arms by your side or use them naturally
- Scan the room and make eye contact with your peers
- Keeping eye contact can make the presentation seem more like a conversation
- Speak at a steady pace and make sure to breathe!
- Use visuals if you want some of the attention taken off of you



THE INTERVIEW

- Walk in, make eye contact, greet your interviewers, and a firm handshake is always a good start
- Make sure to sit upright in a comfortable and supported position
- If you tend to fidget try keeping your hands flat or holding them together on your lap
- Do not feel pressured to answer questions right away, take a moment to breathe, restate the question in your answer, and then deliver your response.
- No matter how you feel the interview went, make sure to end it by shaking the interviewers hand with a smile.