



Top 10 Body Language Mistakes to Avoid During a Job Interview

Your resume was impressive so a hiring manager gave you a call. The manager liked what you had to say on the phone so she invited you to a job interview. Now, don't let the following body-language mistakes ruin your momentum.

When asked to identify the biggest body-language mistakes that job hunters make during an interview, hiring managers named the following:

1. Failing to make eye contact: 67 percent
2. Failing to smile: 39 percent
3. Playing with something on the table: 33 percent
4. Having bad posture: 30 percent
5. Fidgeting too much: 30 percent
6. Crossing their arms across their chests: 29 percent
7. Playing with their hair or frequently touching their faces: 27 percent
8. Having a weak handshake: 21 percent
9. Using too many hand gestures: 11 percent
10. Having a handshake that was too strong: 7 percent

Source: Harris/Careerbuilder poll of 2,500 hiring managers