

## DEALING WITH INTERVIEW NERVES

There are many different ways your pre-interview nerves can show themselves, just like there are many ways to manage them - it's just a case of finding what works best for you.

Firstly, you should always remember the employer has seen something in you that they like, that's why they have asked you in for an interview. Use this to build your confidence.

Make sure you have read our guidance Preparing for Interviews; this will help you feel better prepared and calm your nerves.

### 1. POSITIVE AFFIRMATIONS / PEPTALK

Positive thinking can help combat negative self-talk or nerves. In the run up to the interview, write down how you are feeling and what is making you nervous e.g., What if I don't have the experience they are looking for? Then, write down a positive statement that counteracts this e.g., I wouldn't have been shortlisted and invited for interview if I wasn't suitable for the role.

### 2. BREATHE

Whilst waiting for your interview, focus on your breathing to calm your nerves. There are many breathing exercises you can do, that no-one will notice. Examples include breath in for a count of seven, then pay attention to the surface supporting you (such as a chair) and breathe out for a count of eleven. A few rounds of this will reduce your adrenaline response to the stress.

During the interview, focus on your breathing when you are not speaking. Be sure to take a breath before answering any questions – not only does this keep you calm; it also allows you time to think about your response.

### 3. ONE QUESTION AT A TIME

Think of each question as just one individual step on a long walk. Listen carefully to each question and remember to take a breath before you speak. If you need to ask the interviewer to repeat the question, ask them politely to do it. Remember, they have invited you for interview as they think you are a good fit for the role, and are therefore rooting for you to succeed.

### 4. SMILE

Smiling releases endorphins which make us feel better by blocking the perception of pain; and increasing the feelings of wellbeing.

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## 5. USE YOUR NERVES AS EXCITED ENERGY

Nerves (anxiety) and excitement are both aroused emotions and they physical effect on the body is almost identical. So... turn one into the other! If you find your hands are shaking or your voice is a little bit wobbly, don't say "Sorry I'm so nervous" say "Sorry I am so excited!". By focussing on the positive emotion rather than the negative, you are changing your mindset, focussing on things that could go well, rather than things that could go wrong.

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