7 Types of Nonverbal Communication at your job interview
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- **Eye Contact**

Eye contact is a major part of nonverbal communication. Eye contact shows confidence and clarity, and is also useful for building rapport with your interviewer. Eye contact should be personable, but there is no need to stare.

- **Good Posture**

Proper posture also displays confidence. There is a certain aspect of trustworthiness that interviewers pick up on as well. Keep your back straight and sit (don't slouch) in your chair.

- **Ticks**

If you have nervous ticks, such as shaking your leg up and down, clearing your throat, etc., try to do your best to avoid them. You do not want to appear nervous and awkward. Interviewers do expect nervousness, but when you are answering an important question, you do not want to appear nervous, which can take away from the strength of your answer.

- **Smile**

Smiles are addicting and disarming. A good smile will relax your interviewer just as much as it conveys a positive attitude, and so a smile during your interview is a good way to build points with the interviewer.

- **Leaving Space**

Nonverbal communications occur all of the time. A perfect example is with the personal space you give your interviewer. You always want to be far enough that the interviewer is comfortable, but you do not want to be too far either or you will give the impression you are distancing yourself from the individual.

- **Hands**

Hand gestures can portray a lot of information. Your hands should sit on the table, maybe gentle clasp together. They should not fidget, nor should you do the "power pyramid" since you do not want to be seen as intimidating. Also, do not talk too much with your hands or it may take away from the content of your answers.

- **Tone of Voice**

During phone interviews, for example, the only way your interviewer can get an idea of your personality (beyond your answers) is whether or not you change the tone of your voice. Dull, monotone talking has a tendency to make you appear unexciting. On the other hand, speaking up and changing the tone of your voices makes you appear engaging.

Overall, nonverbal communications can say more about you than the words you say. Make sure you pay attention to how others see you during your job interview.