

## Don't be afraid to show emotion during an interview, career coach says

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A career coach says that job seekers shouldn't be afraid to show their emotions or make the odd funny comment at a job interview.

Writing for *forbes.com*, Lisa Quast, a career coach and former Fortune 500 executive, says that interviewers can be put off by interviewees that act like robots and don't show any positive facial expressions.

"Try imagining the interview is a typical conversation with a friend – and don't be afraid to show your personality," she advises.

In fact good social skills are at the heart of any interview and Ms Quast notes that not enough or too much eye contact can equally put employers off. The interviewer could think the job seeker doesn't really want the job if they don't look them in the eye but on the other hand, too much eye contact can make an interview feel very awkward.

Sylvia D. Helper, a career development specialist, also says that poor eye contact can result in a lost job offer.

"Locking eyes with the interviewer and rarely breaking contact is interpreted by most as aggressive, invasive behaviour," she writes for *pennlive.com*.

Ms Quast also highlights the importance of a good handshake, a limp one might signal weakness and insecurity, whereas one that's too strong might come across as aggressive. She recommends that job seekers should practice their handshake before the interview to get it right.

