

What Does Your Body Language Look Like?

Tips for meeting with an employer virtually

Whether it is an information session or a virtual interview, the amount of effort you put into preparing for the event can communicate two very different things:

1. **Coming prepared and engaged:** You are the type of applicant we want to hire.
2. **Attitude is casual with little to no preparation:** You are not interested in our company and we are not interested in you.

If you want to fit into the first category here are some tips for good body language in a virtual meeting

1. Dress the same way you would for an in-person meeting or interview.
2. Make sure your video profile picture and name look professional.
3. Adjust your video camera to match your eye level.
4. Look directly at the camera when speaking.
5. Smile so your personality comes across the screen.

Remember to always practice with your technology before the actual event!