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Interview advice for February 2017

F&V Consultant Ltd



CAREER ADVICE

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Job interviews over Skype are becoming increasingly common. You might be able to see one another, but a virtual interview over the internet is not the same as one face to face and you need to prepare accordingly. Here are some considerations to help you embrace technology and master a Skype interview. Dress professionally

Should you still dress as if you are in a face-to-face interview? Yes – general interview etiquette still applies. "The dynamics are different, with body language being the main barrier, so it is vital to make a good impression based on your dress and surroundings," says Matthew Roberts, CEO at NonExecutiveDirectors.com, a network site for employers. Don't be tempted just to dress smartly from the waist-up, assuming that's all the interviewer will see, warns Graham Oates, CEO of Norrie Johnston Recruitment. "I've been in plenty of Skype interview situations where the candidate has had to stand up." Being in formal dress will also help you to feel like it is a formal interview and put you in the right frame of mind, he adds. Pick your backdrop wisely

How much attention will be paid to where you are sitting for the interview? The safe rule of thumb is to assume that a lot of attention will be given to your surroundings – so set up well in advance and take time to look at how the interviewer will see you. "Find a neutral, tidy spot if possible. Mess, pot plants or food may subconsciously impact an interviewer's view of the meeting and reflect badly on you," says Jonathan Bennet, a director at Capita Resourcing. His advice is to set yourself up so the interviewer can see your face, hair, shoulders and upper torso. Consider the lighting and how you are sat too. "They don't want a giant, poorly lit face talking at them for an hour." Also, make sure you are in a quiet room which will not be.

