

Your eyes are powerful tools that can either help or hurt during a job interview. More and more companies work with consultants and experts who instruct managers and executives to pay attention to the body language of prospective employees. Learning what is expected in regards to eye contact during a job interview can do wonders for your employment prospects.

- ⇒ **Find a person who makes you comfortable...**Choose the friendliest person in the room. If there is more than one person holding the interview, find the one who makes you feel less anxious and keep coming back to him/her for eye contact. This will help you loosen up and allow you to shine through the interview rather than worrying about how you are coming across.
- ⇒ **Look at each person...**Do not stay with just one person. Make eye contact with everybody, even if it's only for a few seconds. Otherwise, you risk making the other managers feel ignored.
- ⇒ **Don't look away during tough questions...**Do not look away, especially during difficult questions. You may need to practice this in front of a mirror, as the natural reaction would be to look in another direction when feeling confronted or under pressure.
- ⇒ **Blink!!...**Blink. Keeping eye contact doesn't mean looking the same way non-stop. Move your eyes from one person to another, look down to the manager's hands (for a brief second) if he's ruffling papers or follow his gaze if he's talking about something or someone in the room.
- ⇒ **Keep eye contact during introductions...**Make sure you keep eye contact during introductions, hand shakes and job-related questions. To make an even better impression, smile while shaking hands so that you come across as friendly and open.