

Stress Management: Simple Tips for Improving Your Interviewing Skills **By Susan Budenstein, Principal, Healthy Living Associates**

Redesign your feelings for the interview

- Sometimes the anxiety and fear overcome us and take away our thoughts and creativity. Think positively before the interview and be sure to get enough sleep the night before.

The value of our breath

- Easy breathing techniques to keep us relaxed and give us energy
- Can be done anytime, anywhere
- Help to calm you down and reduce your stress levels

Exercise and stretch

- Look better in your clothes
- Have more energy and vitality
- The mind will work more efficiently and creatively
- Not everyone can commit themselves to a set fitness program.
- Every one can add some type of everyday fitness into their routine.

Strive to always feel comfortable in your own skin

- It's easy to learn how to become comfortable with yourself in any business situation
- Remember that confidence comes from the inside out

What leadership qualities do you want an interviewer to feel/ learn from you and about you?

- Possible list of qualities a person can learn to become a better interviewee and get the job you want.
Proud Confident Modest , Smart , Humble Charming Attractive
Nice looking Sophisticated Lovely Appealing Kind Inquisitive
- Think about who you emulate – what characteristics do they have that you might want?