



Stay positive



Ask questions



Weak handshake

*If you are neurodivergent, you may find handshakes difficult. Speak to your interviewer about your disability and needs ahead of the interview.



Not sitting up straight/slouching



Firm handshake

*If you are neurodivergent, you may find handshakes difficult. Speak to your interviewer about your disability and needs ahead of the interview.



Share your successes



Take notes



Not Smiling



Keep phone on silent/out of the way



Checking the time



Not making eye contact

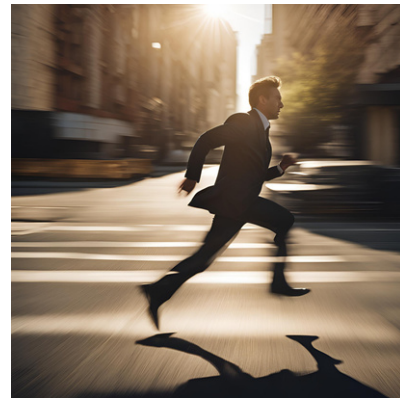
*If you are neurodivergent you may struggle with eye contact. One tip is to look at the interviewer's forehead or nose instead.



Crossing your arms



Smiling, sitting up straight, hands on table or lap



Arrive late



Talk about your skills



Eating during an interview