



# THE ART OF INTERVIEW CONFIDENCE

Confidence in a job interview setting can be the defining factor between landing your dream job and walking away empty-handed. It is the critical element that can make your skills and experience shine.

Despite its importance, cultivating confidence can be a daunting challenge for many. Self-doubt and imposter syndrome can plague you and make you feel unqualified or undeserving, which can severely undermine your confidence.

Building confidence involves a combination of strategic preparation and mental fortitude. We have put together a comprehensive guide to help you cultivate confidence to put forward your best self in your next job interview and leave a lasting impression.



# WHERE DOES CONFIDENCE COME FROM?

Confidence in a job interview setting is crucial as it directly influences how you present yourself and how you are perceived by potential employers. It also demonstrates to the interviewer that you have the ability to be confident in the role, which is especially important if dealing with customers or stakeholders, or as a leader.

Self-mastery plays a crucial role in cultivating confidence. It involves the ability to understand and manage one's thoughts, emotions, and behaviors effectively. Individuals with a high level of self-mastery are more adept at maintaining a positive mindset, overcoming obstacles, and presenting themselves authentically during interviews.

However, confidence may not always be readily accessible. Fear of failure is a common barrier that can undermine confidence. The

prospect of not meeting expectations or making mistakes can trigger anxiety and self-doubt, hindering your ability to project assurance during interviews. Overcoming this fear involves **reframing setbacks as learning opportunities** and focusing on personal growth rather than perfection.

Another significant obstacle is your negative inner voice. This **critical self-talk spiral** often reinforces self-doubt and diminishes confidence. It might stem from past interview experiences, external criticisms, or unrealistic expectations. Tackling this inner dialogue involves cultivating self-awareness and challenging negative beliefs with positive affirmations and realistic self-assessments.



## INTERESTED IN LEARNING MORE ABOUT SELF MASTERY?

Reo Group CEO Stella Petrou Concha is an author and expert in this space.

Jump on to her website: [stellapetrouconcha.com.au](https://stellapetrouconcha.com.au) or find her on Instagram [@stellapetrouconcha](https://www.instagram.com/stellapetrouconcha) for more insights and support on your self mastery journey.



# GIVE YOURSELF THE BEST CHANCE

Limiting external factors that contribute to stress in a job interview can significantly enhance confidence and performance. Adequate preparation is paramount - whilst you can't predict every question you may be asked, practicing common interview scenarios and using frameworks like **SAO answers** (**Situation, Action, Outcome**) prepares you to think on your feet and articulate responses effectively. This preparation builds confidence by ensuring you're ready to showcase your skills and experiences in a structured manner, even for unexpected questions.

## DRESS

Another crucial factor is personal presentation. Dressing appropriately not only reflects respect for the interview process but can also boost your self-confidence. When you look professional, you're more likely to feel confident and capable, which positively influences how you carry yourself and how you're perceived by interviewers.

## LOGISTICS

Managing logistics to be able to arrive on time is equally vital. Make room and plan for potential delays, such as public transport issues. Leaving early ensures you arrive composed and ready, rather than stressed and rushed. Being early allows time to relax, gather your thoughts, and mentally prepare, contributing to a calmer and more confident interview demeanor.

## HEADSPACE

Minimising distractions in the lead-up to the interview can help maintain focus and reduce anxiety. Avoiding last-minute cramming or stressful situations allows you to approach the interview with a clear mind. Engaging in calming activities, such as deep breathing or listening to soothing music, can help manage pre-interview nerves and promote a confident mindset.





## BREATHE & AFFIRM.

Prior to the interview, engage in deep breathing exercises to calm nerves and centre yourself. Positive affirmations can reinforce your self-belief and readiness for the opportunity ahead. You can also take a few moments to meditate and quiet your mind, bringing your energy to a calm, focused level. This helps reduce anxiety and enhances clarity of thought.



## PREPARE.

Thorough preparation forms the foundation of confidence. Research the company, prepare examples of your achievements, and practice common interview questions in the mirror. Repeated practice strengthens the neurological pathways in your brain, and ensures you can articulate your points effectively.



## POSE FOR POWER.

Adopt confident body language, such as standing tall with shoulders back, maintaining eye contact, and smiling. This will not only convey confidence to others but also signal to your brain that you are poised and ready.



## BE AUTHENTIC & CONNECT.

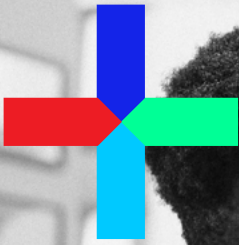
Be genuine and sincere in your responses. A warm smile can also help create a positive atmosphere and build rapport with the interviewer. Smiling tells the interviewer that you are calm, welcoming, and confident.

Most importantly, remain detached. In reality, you may need to do fifty interviews to find 'the one'. So, you need to be prepared to hear, "no, you are not the one." Detachment and an understanding of your realm of control is the key to safeguarding your mental health and your confidence through this process.

Learn more about self mastery and how to detach in our magazine;  
[\*The Role of Self Mastery in Elevating Your Career.\*](#)







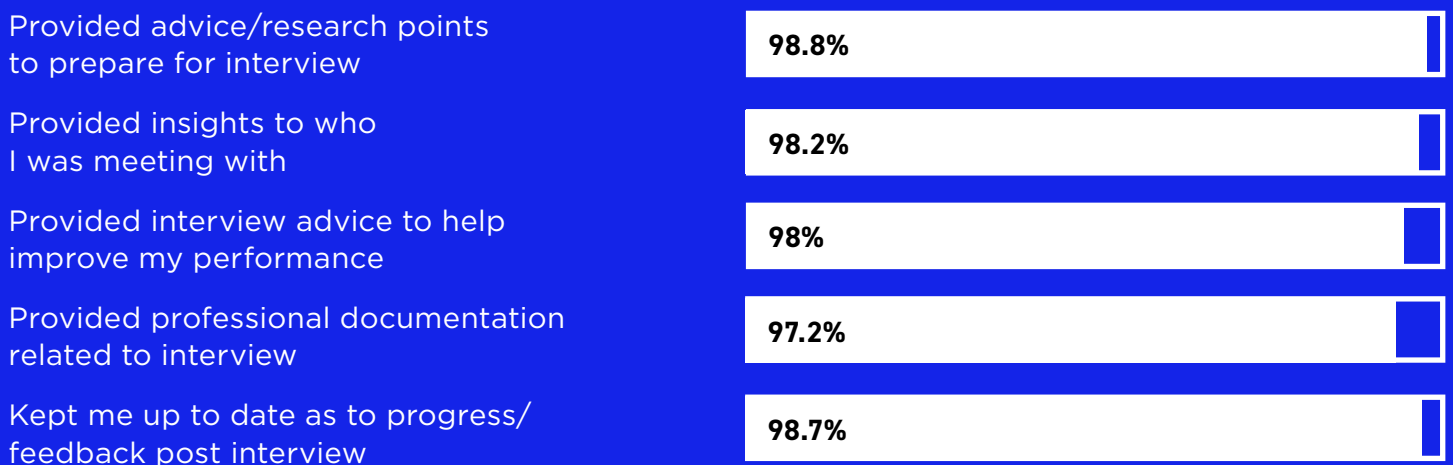
# YOUR REO GROUP SEARCH PARTNER IS HERE TO HELP

Our dedicated team are committed to guiding you through every step of the interview preparation process. They will collaborate closely with you to ensure you are thoroughly prepared, enabling you to present yourself confidently and effectively during your interview.

Our exceptional ratings on Recruiter Insider across all facets of the interview process underscore our team's dedication to providing unparalleled support and ensuring a positive experience for every job seeker.

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## HOW OUR CANDIDATES RATE US AFTER THEIR INTERVIEWS:



Reo Group are experts in candidate care, supporting permanent, temporary, contract and executive candidates across a wide range of sectors. For more advice on how to land your next great role, contact your Reo Group consultant directly.

