



Top Tips For Interviewing Confidence

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The more you think about a particular scenario the more emotion you give to it and this emotion becomes increasingly more powerful. As you continue to think along the same lines, this powerful emotion in effect magnetizes whatever you are thinking about into your reality. This may sound a bit far-fetched to some, but I can assure you that this is very much the truth. Just think for a moment about energy. Everything around you has it's own frequency of energy transmission, everything is made up of energy, be it a leaf or a stone, the sun, the moon, and you yourself.

We humans are energy beings, although not many of us acknowledge or pay heed to this fact. I think that almost every one of us does "know" our energy connection at some level. You hear someone saying "we're on the same wave length", or "we're on a different wave length" or "we are so in tune with each other" or "I can feel the vibes" and these sayings often come from an unconscious awareness of the energy waves which we are experiencing. I think everyone will also acknowledge that we feel more comfortable in the company of those with whom we feel are on a similar wavelength. Your interview is both a performance and a "getting to know one another" scenario. It is therefore important, if you want to get that job, to get in tune with the person or people who are conducting the interview. In this way they will feel comfortable with you, they will like you, and at the end of the day they are far more likely to employ someone whom they like than someone who for some unknown reason they feel slightly uncomfortable with.

The use of body language goes along way to achieving this aim, but your mind is far more powerful factor in this equation. Getting on the same wavelength mentally is a skill that you can learn, just as you can learn the techniques of body language. Job-hunting is a competition. Just as you would psyche yourself up if you were competing in the Olympics, you need to do exactly the same before you enter the interview arena. In sport, everyone at the top uses mental rehearsal to prepare for success.

Hypnosis is probably THE most powerful and effective way in which to train your mind for success. You will have an inner knowledge that the "vibe" which you are transmitting is that you are the perfect person for the job. Interview confidence comes from the inside, and with the use of hypnosis you can access the inner workings of your mind, creating an expectation of success that magnetizes exactly that into your reality.

About the Author:

With a degree in Psychology and qualifications in hypnotherapy, NLP and sports psychology, Roseanna Leaton is one of the leading practitioners of self-improvement.



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