

USING YOUR INTERVIEW JITTERS

I know it's hard to believe. When your heart and mind race before an interview, your only desire might be to slow down.

Yet, that extra surge of energy actually improves performance.

For example, one study from the University of Rochester shows people who feel more stress and nerves during a job interview-like presentation, perform better at challenging tasks.

But here's the tricky part.

When you have that surge of energy before your interview, it can feel like trying to surf on a big wave. If you can ride the wave, you'll experience exhilaration. And success.

But if you try to catch it and miss, you get wiped out. And, unlike floating in a calm lake, the energy of that wave pushes you around like a rag doll.

So how do you avoid a wipe out?

Because you can't avoid the wave. That surge of stress energy is coming. So make sure you have the techniques to be successful.

First, change your perspective on those nerves. Instead of seeing it as debilitating stage fright, see it like Bruce Springsteen does before any performance. It's "excitement" for the challenge ahead.

Second, you may feel your heart race and body heat up before the interview. But, realize that as soon as you enter the interview, you can take back control and succeed.

Remember that screen and stage legend Henry Fonda is known to have gotten so nervous before every show, he got physically ill, even into his seventies. Yet, when the curtain went up, he nailed it. Because he knew what to do.

Third, walk into that interview knowing what you need to do. If you wing it, you might get lucky. But when you know what you want to say, you'll be able to take control.

You'll feel the right answers start flowing out of you and your confidence will grow. As will your success and job offers.

That means investing the time to prepare before your interview, so you know what to do.

When you feel that surge of energy before your interview, realize that it's your body preparing you for the big event. You can use this energy to be extra focused and high performing during the job interview.