

## Interview Advice for Female Applicants

Did you know that in interviews women tend to accentuate their negative traits and brush over their stronger ones? Men do the opposite.

**Don't be afraid to talk about your knowledge, skills and relevant experiences.**

The interviewers need to be convinced that you're the best person for the job – they won't know if you don't tell them.

Why not ask someone you feel comfortable with to act out an interview scenario with you to practise your technique? This [TED talk](#) on 'power posing' by social psychologist Amy Cuddy might help with "standing in a posture of confidence, even when we don't feel confident".

Making it to the interview stage means you've already made an impression on the employer and earned your place in the process. You might not feel very confident on the inside - but no one else needs to know that!

Serrie-Justine Chapman of the [Women's Tech Hub](#) in Bristol, shares her tips:

- You are being interviewed not on your personality, but on the database of data in your head. You have knowledge and the only part of the interview relating to personality is whether (and how) you can allow the interviewer to access that knowledge.
- You are not the weak person in the interview. Ask what the long-term prospects are – where you can drive your career and whether the company has gender equality rules.
- Get feedback if you can, and challenge it if necessary. [You can always ask the UKESF for advice if you're unsure about what you receive.]
- Remember: Women should not have to dress and act like men to do a technical job.



Worried about what to wear? The tech industry is known for being casual, but interviews are a little different and you need to look professional. Try to research the company in advance to gauge the level required – you could check their social media channels or 'About' page for team photos. [This article from Hubspot contains some useful advice.](#)

Project Eve also summarised some helpful advice:

- Tell me why you're the best candidate – be confident both in your body language and your words.
- Show me you actually want the job – stress that you want *this* job, not *a* job.
- Show me you're flexible – try not to get flustered if an unexpected question is asked.
- Show me your style – dress appropriately.
- Ask me for help – don't be afraid to ask questions.

Linda Raynier's [YouTube Channel](#) is full of career and interview advice – you can find videos on boosting self-confidence, making a good first impression, body language and more, as well as general interview tips.