

Anita Agers Brooks

It's Never Too Late for a Fresh Start with Fresh Faith



7 Secrets for Success in an Interview

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1. Wear black, navy, brown, or gray with a splash of color. Red for energy, yellow for cheer, light or medium blue for trust.

Overdressed is better than underdressed.

2. Wear a light earthy scent -- pleasant but understated. Do not douse yourself in a heavy perfume or cologne, some are allergic or irritated by strong smells.

3. Listen to calming music on your way to the interview. **Be aware of tones and decibels that elevate blood pressure.**

4. Freshen your breath with invigorating peppermint, spearmint, or cinnamon.

5. Offer or return a firm handshake. **Positive energy is exchanged in appropriate touch.**

6. Listen twice as much as you speak -- you have two ears and one mouth for a reason.

This alone will make you stand above the crowd.

7. Show a genuine willingness to follow and learn. **If you get the job, do not let comfort steal coachable traits.**

Create and Bring Your Personal Promotion Packet. Go to anitabrooks.com for details.