



Saskatoon
Open Door
Society



How to Introduce Yourself

- Start by researching the company and your interviewers.
- Dress appropriately for the interview.
- Avoid distractions and keep eye contact.
- Be confident and comfortable.
- Be aware of body language.
- Prepare what to say.
- Rehearse your introduction with a friend.
- Initiate contact with recruiters by smiling and making eye contact
- Use positive body language and practice active listening
- Speak to the recruiters alone, not with a group and not in a group
- Sit or stand straight and avoid looking disorganized
- Extend the conversation – ask open ended questions
- Deliver the elevator speech