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Style Guru Podcast Reveals Interview Secrets of Success

A new podcast by a leading expert in body language reveals the secrets of successful interviews for young people considering their next career move.

Judi James, a leading television expert in body language, social behaviour, image, and workplace culture and communication skills, appears in a podcast on Connexions Leicester Shire's website in partnership with the Learning and Skills Council (LSC). She is best known for her body language television series on Channel Five called *Naked Celebrity*.

Judi is interviewed by an animated character who quizzes her on top tips for making a great impression in interviews. She offers straight talking advice and tips based on her personal and professional experiences.

Judi says: "The big thing for me is making an entrance, because you've only got three seconds to create a first impression. I'm not saying that if you're dreadful when you walk in that you won't get the job. But if you can look the part as you walk in, it helps a lot and people get a better impression of you, so they might just be that bit more interested.

"Always take a moment when they ask a question, pause slightly, think about it, and then come back with your answer. When they're speaking to you, they will want to see that

you're absorbing all the information that they're telling you about the company and the job. So use eye contact, you don't need to speak, you just use a kind of paced nodding where you're listening."

Mary Rogers, area director, LSC Leicestershire, says: "Judi knows a thing or two about how to make a positive impact so this is a podcast that's well worth viewing. She advises the stars so this is an opportunity to learn from her experience and reach for the stars yourself."

Rosemary Beard, chief executive, Connexions Leicester Shire, adds her support: "This podcast is a 'must see' for all young people considering their career. Judi offers inspiration to young people, providing them with a greater insight into making each interview opportunity a success. We hope the podcast helps bring them the success they want."

The podcast - funded by the LSC - is approximately three minutes long and downloadable from the Connexions website at www.connexions-leics.org

ENDS

Notes to Editors

The Learning and Skills Council exists to make England better skilled and more competitive. We are responsible for ensuring the availability of high-quality education and training for everyone. We have a single goal: to improve the skills of England's young people and adults to world class standards. Our vision is that young people and adults in England have knowledge and skills matching the best in the world and are part of a truly competitive workforce. We work nationally, regionally and locally to deliver this ambition on behalf of learners and employers.
www.lsc.gov.uk/inourhands

Connexions Leicester Shire provides advice, guidance and personal development services to all 13-19 year olds in across Leicester and Leicestershire. Connexions personal advisers based in schools, colleges, and Connexions centres provide professional and confidential advice on a range of subjects from careers and education to drug abuse, homelessness and teenage pregnancy.
www.connexions-leics.org