

Interview advice for female applicants

Research suggests that women sometimes underplay their achievements in interviews, so make a conscious effort to highlight your strengths and talk proudly about your knowledge, skills, and experiences. The interviewers can only recognise your potential if you tell them about it.

Why not ask someone you feel comfortable with to act out an interview scenario with you to practise your technique and build confidence? You might find [Amy Cuddy's TED talk](#) on "power posing" helpful. It explores how body language can influence confidence, even when you are feeling nervous.



Reaching the interview stage means you have already impressed the employer and earned your place in the process. It is perfectly normal to feel nervous. It shows you care about the opportunity, however with preparation and self-belief, you can channel that energy into enthusiasm and focus.

Insights from Serrie-Justine Chapman, [Women's Tech Hub \(Bristol\)](#):

- You are being interviewed for your knowledge and problem-solving ability. Let that shine through.
- You are not the weaker party in the interview. It is a professional conversation; feel empowered to ask about career progression, long-term prospects, and equality or inclusion policies.
- Seek feedback where possible, and if you are unsure how to interpret it, you can always ask the UKESF team for advice.
- Remember: you do not need to dress or act like anyone else to succeed in a technical role. Authenticity builds respect.

Presentation and professionalism

The tech industry is generally casual, but interviews are different. You should look professional and comfortable. Research the company to gauge what is appropriate; check their website or social media for team photos and office culture.

Dress in a way that makes you feel confident and reflects who you are. This article from [HubSpot](#) contains some useful advice.

Further advice

The following tips, originally shared by Project Eve offer simple interview guidance worth remembering:

- Tell me why you are the best candidate. Be confident in both your words and body language.
- Show me you want *this* job, not just *a* job.
- Stay flexible and calm if asked an unexpected question.
- Ask questions - curiosity shows confidence and engagement.

For additional insights, [career coach Linda Raynier's YouTube channel](#) has practical videos on boosting self-confidence, interview body language, and making a strong first impression.