



# HOW TO PROJECT CONFIDENCE IN A JOB INTERVIEW

ILLUSTRATION: ZARIF FAIAZ

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The waiting room is quiet enough for you to hear your own breathing. Your hands find the cool edge of the chair, your mind flips through notes, and the door opens with your name on it. In those early seconds, the panel is already forming an impression. You cannot control every thought in the room, but you can control how you arrive. Confidence in an interview is not a personality trait reserved for extroverts. It is a set of behaviours that signal preparation, clarity, and calm.

**Your body should tell the same story as your words. Sit tall with both feet on the floor and a relaxed upper body. Angle your torso towards the person who asks each question, then return to the group so nobody feels excluded. Keep gestures above the table where they can be seen, and let them match your points rather than fluttering without purpose.**

Confidence starts long before you shake hands. Research the employer beyond the first page of the website. Read recent news, scan the annual report, note how the organisation talks about customers and culture, and map your skills to what they value. Prepare three or four short stories that prove you can do the job. Build them around a simple structure: the situation, the task, the action, and the result. Practise aloud until each story runs cleanly in two minutes. If the interview is remote, test your camera, light your face, and place the lens at eye height. Choose clothes that match the setting and help you feel like the working version of yourself.

How you speak matters as much as what you say. Begin answers with a signpost that shows your route. Try a sentence such as, "There are two parts to this", or "I would approach it in three steps." Keep sentences short, finish your thought, and stop. Silence is useful. A three-second pause reads as composure, not panic.

Vary your pace, enunciate the ends of words and land on verbs rather than letting ideas trail into qualifiers. If you lose your thread, own it, take a sip of water, and restart with a clear topic sentence. Precision beats polish.

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Difficult questions are where real confidence shows. The salary question is best handled with a range tied to market data and the role's scope, followed by a reminder of the value you bring. When asked about a weakness, pick a real skill you have already started to improve, explain the steps you took, and show the impact of those steps. For gaps or setbacks, be brief on the circumstance and detailed on accountability and learning. The same story frame still works: what happened, what you did, what changed, and what you would do next time. Panels are not testing for perfection. They are testing for judgment and growth.

Listening is an underrated confidence signal. Let the interviewer finish the question. Paraphrase tricky prompts to confirm understanding. Take brief notes that capture the hook words you want to hit, not full sentences that drag you out of the room. Ask for clarification rather than guessing if a question seems ambiguous. People who listen well buy themselves time and reduce the risk of wandering for answers. When it is your turn to ask questions, focus on substance. Ask about the first ninety days, the metrics that define success, how decisions get made, and how the team learns from projects that do not land.

Nerves will show up, so plan for them rather than wishing them away. Use your body to settle your mind. One reliable method is the physiologist's exhale: breathe in through your nose for four counts, exhale through pursed lips for six, repeat three times. Longer exhales nudge the nervous system towards balance. Plant your feet, release your shoulders, and feel the chair support you. Build a pre-interview routine that you can repeat every time. It might be a short walk, a review of three achievements, and two minutes of quiet breathing. Small rituals cue performance. On the day, aim for an alert not amped. Coffee can help, but tension needs space to dissolve.

Your content also creates confidence. Bring a point of view on the work. If asked how you would approach a problem, sketch a simple plan with trade-offs. Show that you can choose. Connect your examples to outcomes the employer cares about, such as revenue, risk, reputation, speed or user satisfaction. Translate jargon. Replace abstract claims with tangible evidence. A single sentence with numbers can carry a paragraph of adjectives. When you do not know, say so and offer how you would find out. Curiosity and method often impress more than improvisation.

Close with intent. When the chair asks if you have anything to add, take the invitation. In two or three sentences, join the dots between the role, your strengths and your motivation, then thank the panel for their time. Ask about next steps and timelines. Follow up within 24 hours with a short note that references a point from the conversation and restates your interest. Polite persistence is a professional signal.

Confidence is a practice, not a mood. You build it by doing the work that lets you walk into the room already aligned with the task. You show it by speaking with economy, moving with purpose, and treating every question as a chance to demonstrate judgment. Do these things, and the panel sees what you want them to see. Not a perfect candidate, but a dependable colleague who will learn quickly and make the team better.

## JOBS SPOTLIGHT

### ACI PLC

Operational Project Manager

Deadline: November 14

Eligibility:

● Bachelor's or Master's degree in Information Management, Business Administration, or related field.

Minimum experience: 5 years



### ALDI Services Asia Limited

Senior Specialist Quality

Deadline: November 17

Eligibility:

● Diploma or above in Textile Engineering or Apparel-related disciplines.

Minimum experience: 6 years



### North South University

Research Associate (Qualitative)

Deadline: November 28

Eligibility:

● Master's degree (MPH, MSc, or equivalent) in Public Health, Epidemiology, Global Health, or related fields.

Minimum experience: 5 years



### EBL Securities PLC.

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Business Executive, Business Development Department

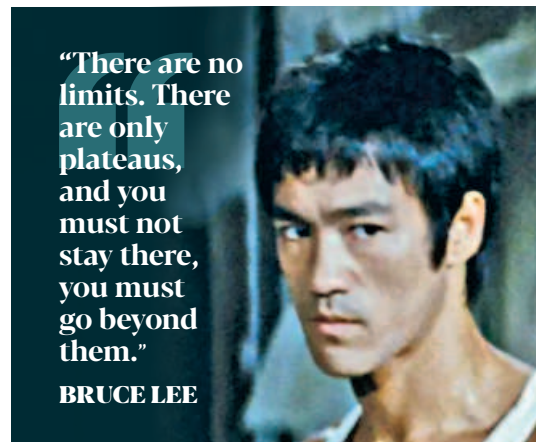
Deadline: November 30

Eligibility:

● Bachelor's or Master's degree from a recognised institution.

Minimum experience: 1-5 years

FOR MORE DETAILS AND THE APPLICATION LINKS, SCAN THE QR CODE BELOW.



BRUCE LEE

## AI could replace human jobs in 10-20 years, warns DeepSeek researcher

NEXT STEP DESK

Victor Chen Deli, a senior researcher from Chinese AI firm DeepSeek, has recently expressed pessimism about artificial intelligence's long-term effect on employment and society. He made the remarks during a rare public appearance at the World Internet Conference in Wuzhen, China.

Chen stated that while AI would benefit humanity in the short term, he anticipates significant job losses within 5-10 years as the technology becomes capable of performing more human tasks. "In the next 10-20 years, AI could take over the rest of work and society could face a massive challenge," he said, adding that technology companies would need to act as "defenders" against these impacts.

This appearance marked DeepSeek's first major public engagement since the company gained global attention in January by releasing a low-cost AI model that performed competitively with leading US systems.



PHOTO: REUTERS

## Where women lead the line: A NEW ROUTE TO RMG SUPERVISION

ZARIF FAIAZ

For years, women have been the public face of Bangladesh's ready-made garments industry. The empowerment narrative is familiar. Yet on most production floors, women remain concentrated in helper and operator roles. Where day-to-day decisions are taken, the picture is stark. Only around 3 to 5% of supervisory posts are held by women, a share that was lower still a few years ago.

That gap has begun to attract sustained attention from brands and global buyers. Over the past five to seven years, buyer requirements on gender inclusion have prompted management to review who leads production lines and why. The message from the market is clear. Inclusion is tied to performance, compliance and reputation, and leadership matters as much as headcount.

BYETS, the Building Youth Employability Through Skills project, first focused on operator-level training for women. Factory managers then asked for something more targeted. They wanted a pathway that would take high-potential staff into first-line leadership. Some plants did not seek operator training at all, instead requesting a supervisory course open to women and to mixed cohorts.

The response is a Supervisory Skills Training course designed to link skills to progression and make local delivery the default. The course runs for 104 hours over one to two months. It was developed and piloted with an international consultant in eight factories using a single, transferable module. Early results led to a handover to CSS, the programme's training service provider, which is now

rolling it out through local partners. Cohorts are intentionally mixed. The aim is to normalise women's authority in settings that mirror real production lines, and to build team dynamics that carry back onto the floor.

Delivery to date covers eight factories, with roughly 200 supervisors trained. The original plan was for about 80 participants, ten per factory. Demand outstripped those projections, so cohorts were expanded. The next phase is set to reach at least 10 additional factories, with



an indicative throughput of a further 200 supervisors by January.

Cost, however, has been a persistent barrier. Reliance on international consultants priced many factories out of the service. BYETS has addressed this by capacitating local providers to deliver the same module at a lower cost, reducing both fees and scheduling bottlenecks. To help those providers enter the market and build a client base, the programme is subsidising engagement with two factories initially per provider. The objective is a

training offer that can stand on its own commercially, with quality assured and price within reach for a broad range of factories.

A gender lens sits at the centre of the model. The issue is not only the number of women in the workforce. It is their absence from decisions that affect pay, productivity and working conditions. To close that gap, BYETS is prioritising women operators who have completed operator-level training and fast-tracking them into the supervisory pathway. Training is paired with assessment, and advanced modules are offered where specific gaps are identified, so that new supervisors step into roles with the skills and confidence to lead.

If the approach scales, three outcomes are within reach. First, a direct pipeline from operator roles to first-line leadership, especially for women. Second, closer alignment with buyer expectations on gender inclusion at the supervisory level. Third, a cost-effective, locally delivered training market that can be replicated across factories without constant external support.

Bangladesh's garment industry has already reshaped economic prospects for millions of women. The next shift is to ensure that experience translates into authority. By combining progression-focused training with local delivery and clear demand from factories, BYETS is helping move leadership opportunities from exceptional to expected.

**The BYETS project is funded by the Embassy of the Kingdom of the Netherlands and implemented by Swisscontact.**

## Meta to invest \$600 billion in US AI infrastructure

**Meta Platforms has announced it will invest \$600 billion in US infrastructure by 2028, with a focus on building "industry-leading AI data centres".**

NEXT STEP DESK

In an official announcement, the company stated the investment aims to advance AI technology while creating jobs and supporting local economies. Meta said it is "building industry-leading AI data centres right here in the US" to help the nation maintain its "technological edge". The company emphasised that these facilities are crucial for developing what it describes as "personal superintelligence for everyone".

According to a Reuters report on the matter, the recent commitment follows CEO Mark Zuckerberg's previous announcement to President Donald Trump about the \$600 billion investment. Meta stated it is strengthening communities through sustainable construction and grants to local schools and nonprofits.