

Think you want my job?



LIEUTENANT VICKI KAY, 29, is a weapon engineering officer in the royal navy.

THE GOOD "No two days are ever the same,

the role is constantly challenging and because you move to a different job within the navy every couple of years, there's very little chance of getting bored. You also get to see some rarely visited places in the world, such as South Georgia and Tristan de Cunha [in the south Atlantic], which are beautiful and untouched."

THE BAD "Nearly all of the jobs you will do involve spending some time away from home, whether it's a few months on a deployment or just a few weeks on a training course. It's certainly not a 9-to-5 job, so you will find yourself working long days or even weekends."

STILL INTERESTED?

- An engineering degree is essential if you want to become an engineering officer.
- Join a university royal naval unit or a reserve unit to get a taste of naval life, both working and playing.
- It's important to be confident; have confidence in your own abilities and views.
- The salary starts from £29,587. For more information, visit www.royalnavy.mod.uk/careers.

Fast fact
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Better body language

Only a tiny proportion of communication is based on what we actually say...

A strong handshake

"We form 11 impressions about someone in the first seven seconds," says body-language expert Nikki Owen. "Use a firm handshake - shoulders back, maintaining eye contact and smiling. When you touch someone, it reinforces the impact of the spoken word, so shake hands at the end of the interview too."

The best way to sit

"Sitting face to face across a desk is confrontational. Move your chair and turn your shoulders a little to be at an angle to the interviewer. Notice how they sit and emulate it. Lean forward and keep eye contact to show interest. Nod and turn your head towards the interviewer so you seem keen," says Nikki.

Gestures

"Hands can be expressive," says Nikki. If you're sharing things, have your palms open upwards to show you have nothing to hide. To make a strong point, keep your hands together, palms down, and move them apart in a sweeping gesture. This will say, 'I'm levelling with you'."

NAIL THE RIGHT LOOK



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