

# PREPARING FOR YOUR INTERVIEW

## Be Prepared

Interview preparation is key, learn your CV inside out and review the job description, this will show you have a good understanding of the role. When preparing your answers delivery is key. Prepare as if you are delivering a story. Describe the situation itself, paint the picture, the thought process behind it, add emotions and feelings and how you would resolve it.



## Be Calm

If you lack confidence during an interview practice calmness. Take some time to visualise yourself in the interview, see yourself as being engaged and create a sense of belief that you will be successful in this interview. Think of all the positive things you have done previously. Don't put too much pressure on yourself, you interview best when you are relaxed.

## Be Confident

Value yourself, remind yourself it's because you have the right skills and experience, you have matched the requirements of the role and you have now successfully reached the interview stage. Confident body language shows confidence during an interview and if you can ask a question to a panel member that shifts to a conversation, this will help in you getting to know each other.



## Be Smart

Choose an outfit that is smart and shows confidence, if you are confident in what you are wearing you will come across as self-assured and this will impress the panel.

## Be Yourself

Interviewers like someone who has character, don't be afraid to let your personality shine through. If something funny is said, then laugh! Maintain eye contact and have a friendly discussion, make small talk, and remember to smile!

