



**BLAZE UNLIMITED**

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*"Made me feel comfortable and able to express myself freely"*

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## INTERVIEW PREPARATION & PRACTICE - ½ DAY

- Do you find the thought of an interview terrifying?
- Have you frozen in an important interview before?
- Got an important job interview coming up that you just can't fail?
- Would you like to manage your nerves and perform better at interview?
- Do you find it difficult to sell your strengths in an interview environment?
- Do you leave the interview and THEN remember what you wanted to say?

If any of the above sound familiar then you will find this half day workshop incredibly beneficial. We will provide you with practical tips on how to prepare for interviews and perform at your best each and every time. We will give you plenty of examples and simulations of real life interview situations allowing you an opportunity to practice in a safe and supportive environment.

In this workshop you will learn:

- How to prepare for an interview effectively
- How to deal with nerves
- The common mistakes and how to avoid them
- Understanding the various selection techniques used today
- Tips and tricks to perform better - at interview
- Why body language is so important
- The critical importance of the first two minutes and how to generate a favourable impression
- Interview debriefing techniques
- Questions you can (and should) ask at interview
- Information you don't have to give to an employer
- How to negotiate your salary package

Participants' in this workshop will walk away with actionable strategies and approaches that will improve your next interview and you will have had an opportunity to get invaluable practice and feedback from your peers and our highly experienced facilitators. Interviews are important and can be hard to get, don't leave yours to chance.