

How to bring the best version of you to an interview

Programme Overview

Summary	This workshop will help you prepare for an interview. Confidence is considered one of the contributing factors, along with a need for guidance on interview preparation, structuring answers using the STAR model and general hints and tips for a successful interview. Preparing specific examples against the behaviours to demonstrate competence is a key factor for these people.
Style and Approach	An interactive workshop that uses actors to support learning and incorporates group coaching
Programme Structure	One day
Audience	Anyone who needs help with interview preparation
Group size	10 Participants

Programme Overview

Programme Topics

- What's the most difficult thing / easiest thing about having an interview? Discussion and exploration to find out what each person thinks.
- How to build confidence – what's stopping you from performing at your best?
- What do you think an interviewer is looking for?
- Interview Skills Practice – working with actors
- Working in small coaching groups, each person will have a mini interview with 2/3 observers.
- What makes a great competence-based example? – interactive exercise to explore a range of scenarios and prepare examples that would demonstrate competence. Using typical questions from our interview pack, a quick fire activity to help delegates 'think on their feet'
- STAR Model – how to answer competence-based interview questions in a structured way, using the examples from the previous activity, add some structure to broaden out their responses.
- Interview Practice with actors – putting into practice the things we've learned so far in small coaching groups
- Interview Review - the actors and other delegates give feedback on how they experienced the interviewee
- Capture top tips for a successful interview

Outcomes

Having attended this workshop, you will be able to:

- Plan and prepare effectively for an interview
- Provide clear appropriate examples in an interview situation
- Structure answers using the STAR model

How to Apply:

You can self-nominate via Oracle, or if you work in a route, please contact your Route Services Training Manager.