Let's Talk: Rock Your Interview

Presenter - Steve Haderer, Leadership Developer Program

I'm Steven, and let's talk about rocking the job interview.

Tell your story

Your resume is your story. As you prepare for an interview, go through every experience on your resume and come prepared with a story from each experience. One of the biggest red flags for interviewers is if you have multiple experiences on your resume, but you only speak to one the whole time. Every job on your resume tells a story. All of the experiences from your past jobs, how do they tie together? How do they prepare you for the job you're interviewing for today? That's the story that you have to tell.

Find the write words

If you don't know the answer, or you're taking time to think, try to avoid ums, and hms. Instead, try saying, "That's a great question." That gives you time to come up with the perfect answer.

Research the company

You should know the company you're applying to. Do your research before walking into the interview. Maybe they've had a leadership change. Maybe they changed their branding. Maybe there's been big news in their industry. Come prepared with all of those facts to show your interviewers that you're truly passionate about the job you're applying for.

Why is this job a good fit?

It's not just what the job is, but why it's the right fit. Maybe it's a story in your life that makes you passionate about the work that you wanna do with this company. Maybe it's the company's mission and values. Maybe it's simply that you have technical skills that they're looking for, and you think it's the right fit. Whatever your reason is, own it.

Steps to rocking your interview

Finally, let's talk logistics. First, make sure you eat beforehand, maybe a protein bar, some fruit, some oatmeal. definitely drink lots of water 'cause you don't wanna get those interview jitters. Second, take a deep breath. You've got this. Finally, don't forget to smile. Whether over the phone or in-person, interviewers can tell if you're smiling when you're answering a question. This is supposed to be fun. This isn't rocket science. This isn't a complicated algorithm. This is you talking about why you're awesome and why somebody should hire you. Follow all of these steps, and you'll rock the job interview.

Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

©2020 Resources For Living | 44.27.392.1-RFL (11/20)