



# Improve Interview Confidence

## Before the Interview

**Practice.** Seriously, practice your answers to common questions. This improves your confidence so much when actually in the hot seat.

**Prepare.** Interviewers are looking for a story. When you practice your answers, prepare stories using the "STAR method"--Situation Task Action Result

**Research.** Think a little more deeply after you researched the company. What did you learn and how could that knowledge benefit in the interview?

### The Extra Mile

**Plan.** A proper plan improves focus and creates a sense of relief. Plan your outfit, childcare, transportation, errands, and backup plans well in advance. If something does go wrong call the interviewer to explain! We are human and things happen!

## During the Interview

**Confidence is key.** The ball is in your court. Do not forget this. You are there for a reason. Your resume impressed them enough they wanted to meet you. And your answers will seal the deal. You got this.

**What you say matters, but how you say it matters more.** Everybody is human and we fumble answers to awkward questions, but interviewers remember people's presence. Their tone, their posture, their eye contact, mannerisms. Take a deep breath, smile, and take your time answering the question.

### The Extra Mile

**The little details count.** The little details blend into your overall presentation so they all matter. Firmly shake the interviewer's hand. Bring a nice notepad with your questions prepared. Be impeccably dressed with not one hair out of place.

## After the Interview

**Send a Thank You Note or email.** Use your instincts to figure out which one your interviewer would prefer and figure out how to get it there.

**Be patient.** Send a follow-up email only after the follow-up time has elapsed. (You did ask the interviewer what your next steps were and when you should hear from them, right?)

**Don't put all your eggs in this interview basket.** Keep interviewing and improving your skills and confidence!

Contact me today for additional interview help  
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