



Interview preparation: enabling you to bring your whole self to the conversation

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What we're going to cover

- Your story and how you want to share it
- The skills you have
- The strengths that energise you
- The results and examples you want to tap into
- Preparing your boundaries
- Questions you'd like to ask

Your story and how you want to share it

- Who are you?

- What you love doing
- Personal values
- Highs and lows
- Life outside of work



Your Strengths

- The things that energise you
 - When are you at your best?
 - When do others see you at your best?
 - What holds your focus and attention?
 - When have you experienced rapid learning?
 - What are you doing when you feel relaxed and happy?

Your Strengths

In pairs, take a few minutes to share with the other person what energizes you. You could do it through listing things, or you could share a story of a time when you felt brilliant, really engaged and loved what you were doing.

Scribble down at the end some of the key words you brought out.

⚡ Your skills

- Competencies
 - training,
 - education
 - experiences
- What fits with the role description?
- What is the recruiter looking for?

The results and examples you want to tap into

- What is going to demonstrate your impact?
- Where are the stories?
- Your experiences that compliment the role, team or organization
- Achievements, risks, failures.
- Core of examples you can lean on
 - Your strengths and values in action
 - Reflective of the role you're applying for
 - Offers extra info you might not have shared

Your boundaries

- What do you want to share?
- What helps you be at your best?
- When you say yes to something, what are you saying no to?
- Remembering this is a two-way process

Your boundaries

In pairs, what are some of the boundaries you might want to be aware of? It could be things you do or don't want to share, what you may or may not agree to and how you want to convey that in an interview.

Questions you'd like to ask

In groups of 4/5, what are some of the questions you've asked before in an interview? Are there some generic ones you like to have ready? Share as a group and see what you can come up with.

Questions you'd like to ask

- Company values
- Best thing about working for the company?
- The biggest challenge facing the role?
- How do you measure success / how will I know how I'm doing?
- Team structure
- Why the role has come up
- Any gaps / questions about me that you'd like to know