

# PREPARING FOR AN INTERVIEW

The interview process can often represent a significant stumbling block. Interviews can be more than a little nerve-wracking – particularly for those who are unsure of what's expected of them, so it's important that job searchers take time before their first interview to perfect a suitable approach. Through preparing for an interview, they needn't be scary or daunting and these tips will help you prepare you to perform your best.

## Simulation

If you don't know what to expect from an interview scenario then you're always going to be taken by surprise. The expression 'better the devil you know' holds especially true in relation to interview prep so the more you practice with simulated interviews and sample questions, the better prepared you'll be for the real thing. There is no way of knowing in advance what questions will be asked but you can anticipate and pre-empt interview questions by carefully analysing job specifications and identifying key competencies.

## Preparation

Preparing for an interview requires more than a little practice. Nerves are natural, so you can expect them on the morning of your interview, but there's a lot that you can do beforehand to help you deal with them effectively. Going to bed early and getting a good night's sleep will leave you refreshed and ready for the next morning and it's important that you get up in time to prepare yourself a large, satisfying breakfast. Leave with plenty of time to get to your destination in order to avoid the additional stress of arriving late and flustered. Exercising before your interview releases endorphins and suppresses negative energy which will put you in a positive frame of mind before the interview.

## Interaction

In most instances, the candidates that have made it to the interview stage will have already impressed with their CVs and application forms, so face-to-face interviews are a means of determining whether or not you're suitable on a personal level. Employers like to bring in people who will be an asset to their team as much as a cog in the workforce, so those who come across as friendly and personable will have a better chance of being offered the job than those who fail to let their personalities shine through. If you can charm your interviewers then all the better – if they like you on a personal level then the battle's almost won.

## Patience

The final piece of advice when you're preparing for an interview is to be patient. You won't be automatically offered a job just because you've attended an interview and a rejection letter shouldn't be taken as any criticism of your skills or experience. It's easy to be disheartened once you've been turned down for one, two or more jobs but it's important to keep your chin up – keep up the momentum and eventually your chance will come.

**Perennial** is working in partnership with **Renovo** who provide our Employment Support Programme. Renovo is the UK's leading specialist provider of career transition and job search support having helped tens of thousands of people return to work twice as fast as the national average.

If you require help or support please call Perennial's helpline on 0800 093 8543 and speak to one of the team, or email [services@perennial.org.uk](mailto:services@perennial.org.uk) and we will get back to you. Our office hours are Monday and Wednesday 9.30am – 5pm and Tuesday, Thursday and Friday 9am – 5pm.

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