

How To Shine On The Hot Seat



Choose A Positive Mindset

When you hear negative or worried thoughts, replace them with:

Affirmations

(I bring value to share.)

+

Positive Power Statements

(I am breathing in confidence and breathing out self-doubt.)

Be Aware Of Your Body Language



Practice a firm handshake + confident posture + appropriate eye contact

Avoid fidgeting, tapping your foot, or other nervous habits

Mock interview with a career coach to get professional feedback



Connect To Your Highest Energy

Enjoy doing meditation, yoga, power poses, or another activity that feels grounding and calming

Listen to music or read quotes that make you feel joyful and inspired

Think about five things, places, or people you are grateful for today



Upgrade My Interview .com

Checklist For A Successful Interview

Before The Big Day



Practice tougher questions with a career coach to boost clarity and confidence

Plan out protein packed meals or snacks and pack a banana to eat one hour before the interview
(or other foods that have natural beta-blockers that decreases nervous energy)

Prepare best outfit, clean up your social media, confirm directions, and get extra rest (a hot bath with essential oils including lavender will help!)

At The Interview



Take your time to answer questions by sharing *details* of your success stories and how you have solved problems at work or on a team

Ask your own questions that show you researched the company and want to help it succeed

Thank the interviewer for their time and get their direct contact information so you can email them a note of appreciation

After You Leave



No beating yourself up allowed. Decide on two things you did well at the interview and two things you can improve on for next time.

Treat yourself to a small reward because no matter if they select you or not, you worked hard to practice and present your real, best self in the hot seat.

Within 12 hours, send a thank you email with specific ways you see yourself fitting in the role based on the conversation at the interview



Upgrade My Interview.com