

What is interview coaching?

As well as having to think on your feet in order to answer the increasingly challenging questions that interviewers come up with and second guess what they are looking for, you also have to make sure that you are giving the right signals to convey enthusiasm and inspire trust. That's why effective preparation and practice for interviews is so important. Even a long, detailed interview only gives you a very limited time to convey your strengths and give the right impression. Despite this the only preparation many people engage in is browsing the internet and leafing through a generalised, formulaic interviews book.

At C2 we offer a tailored interview coaching service. Not only do we give you an opportunity to practice answering questions based on the role you are applying for, we guide you in the process of preparing effectively for that interview, so that you don't have to think too hard on the day. Many of our consultants have experience of conducting real recruitment interviews. They have also talked to and observed a wide range of recruiters. This enables them to provide interview coaching which is comprehensive and varied.

What does it involve?

During interview coaching you will:

- have an opportunity to practice dealing with the range of questioning techniques interviewers may use, with questions based on information you provide about the job you are applying for
- increase your understanding of the interview from the recruiter's point of view, thus helping you to recognise what information is relevant and useful to them in making a decision about you
- get feedback from the consultant to help you to improve the content of your answers, your body language and your delivery, so that you have the right impact during the interview
- obtain advice on how to prepare the most important evidence about yourself and how to research the organisation in order to have intelligent questions to ask

The options

We have a range of interview coaching services:

In-depth practice interview with detailed feedback and coaching (one 2-hour session £180)

This session gives plenty of time to work on a wide range of questions. It is especially useful for people who:

- have not had to attend an interview for a long time
- have had a number of unsuccessful interviews
- are particularly nervous or have complex issues

Basic interview practice (one-hour session £95)

This is an opportunity to practice some of the questions you are most dreading and to get some basic feedback on main points to improve. It is most useful for people who:

- want to fine tune their interview performance
- want advice on how to deal with particular questions or types of interview

How to make the most of your coaching session

Make sure that before you come you send us as much relevant information as possible:

- The CV or application form you used to apply for the job
- Details about job you are applying for (e.g. adverts, job descriptions, etc.)
- Details about the organisation (e.g. web address)