

Facing An Interview

Terror/ petrification/ trans fixation/ momentary muteness/ breathlessness/ limbic hijacks/ blanking out/ zoning out/ anxiety of acute scrutinization/ embarrassment/ humiliation/ apprehension/ hope/ anticipation/ dreams/ longings/ wishing/ motivation/ drive/ ambition/ facade/ stage fright/am I good enough.....

Yes, these and many other random words and phrases are articulations that reflect the myriad emotions and feelings that we go through at the very thought of facing an interview. And yet, our careers and futures depend on the outcome of this vital interaction between us and a prospective employer.

Anticipation and preparedness for an interview are more than half the battle won. Understanding the intent and behaviour of the interviewer/s is another surge that will carry you closer to that winning shore. Getting to know yourself will strengthen and assure you further...

The schedule comprises three 45minute sessions. Inputs will be given in the first two sessions. This will be followed up with recorded mock interviews that will be analysed in the subsequent session/s. Should the client and/or coach feel the need to schedule additional sessions, this could be arranged with the coach on request.