



TIP SHEET

BOOST YOUR MINDSET

The research is complete and you have practiced interview questions for hours. You are as ready as you can be except there is one major problem that you didn't expect. Your NERVES have set in, and you are questioning everything about your experience, your role and your fit.

It is completely natural to feel nervous before an interview and in most cases, that's hard to avoid. However, to display the best version of you, sometimes you just need to shake off those jitters and get in the zone.

Confidence Boosting Happening Now

You want (need) the job. Maybe a little. Maybe a lot. And in the back of your mind, perhaps not as far in the back as you'd like, there's that voice dragging you down. "You're not qualified". Or "you're a bad interviewer". Or simply, "They're never going to hire you..." If you are familiar with this voice, then this your checklist to boost your confidence and feel pumped to perform.

GET PHYSICAL

If you are feeling nervous, jittery or anxious, take that energy and burn it off by doing something physical. The night before or the morning of your interview go for a run or dance in your living room. Releasing the feel-good endorphins will enhance your excitement for the interview in a positive and freeing way, which will lead to a better performance in the interview room. The benefits of physical activity don't just stop there. When you increase your heart rate you increase the circulation of oxygen to the brain, which means you will be sharper and think more clearly. So, get out there and get physical!



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GET A PEP TALK

Get a close friend or family member to give you a pep talk. Ask them to remind you why you want this job, why you are going to be great at this job and why that organization is blessed to have you as a potential candidate.

DRESS TO IMPRESS

Research shows that how you dress matters and not just to the interviewer, but to you too. By going through the ritual of dressing for an interview in business attire you are giving your mind the opportunity to “get in the zone,” and focus on professionalism, which in turn has a profound impact on your self-confidence. So, take the time to plan a professional outfit, get it ready and lay it out the night before.

POSITIVE SELF TALK

Negative self-talk is a real thing, and it can be tough to combat. When you're preparing for an interview, it is pretty common to feel stressed out and discouraged. That's why we recommend a few phrases to say to yourself or in the mirror:

- “I am a great candidate, I have fully prepared, and I know I will be brilliant tomorrow.”
- “This is a great opportunity and I am going to give it all I have, but if I don't make it, it's okay, something better will come along.”
- “I am fully prepared and I am the best candidate for the job.”
- “Every interview is one step closer to my dream job.”
- “My hard work will pay off and I will get this job.”



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REMEMBER YOUR STRENGTHS

Before every interview, on your cheat sheet, write down five things about yourself that make you proud. For example, "I'm a great communicator" or "I am smart and have perfect skills for the job." Then read your list aloud right before the interview starts. By doing so, you will remember how awesome you really are—and you'll be prepared to shine during your meeting!

GET A GOOD NIGHT'S SLEEP

It's true that most people don't think of this as a crucial part of preparing for an interview, but it actually is. Getting a good night's sleep helps your brain function better and prepares you to perform at your best.

The reason for this is that sleep helps your brain consolidate memories and learn new information. You might have heard the phrase "sleep on it," which stems from your brain's need to process information from your day and make connections between different ideas and memories, so all that preparation you do the day before will only be worth it if you get a good night's sleep.

Final Thoughts

Ultimately, finding your dream job is going to take a lot of hard work and a little bit of luck. But, if you put in the necessary effort, it will be well worth it either way. Whether you land this job or not, you're going to succeed because you put yourself out there in the first place. So, remember to keep your eye on the prize, use the resources we have outlined in this Toolbox, and go after that interview with everything you've got! Then let us know how it goes!

People are rooting for you.