



# InterviewPenguin.com

## Your Best Job Interview Coach Since 2011

### Interview Preparation – Simple summary

#### 1. Prepare your body

To deliver your very best (and you will often need your best performance to get a job at the end), you should be rested and calm.

You should try to spend a perfect day, or at least a perfect morning, before going to your job interview. Devote yourself to things you enjoy doing, some relaxing stuff. Go for a walk to the nature, take a dog to the park, or watch your favorite TV series. Do something that will help your body relax and feel good.

#### 2. Get the right information

You should research about the employer, their values and goals, and you should study the job description in detail. You should do all of this while trying to understand what they seek in a good candidate for the position. Then you should try to find out what questions they will ask you in an interview (Interview Penguin will help you with that), and how to answer the questions while demonstrating your skills and the value you can bring to the company.

You should also double check the route to the interview, the schedule, and the transport options, to be sure that you won't encounter any negative surprises on a big day.

#### 3. Prepare in your mind

The difference between the winners and losers is often in their mind.

Many people do not believe in their chances (perhaps because they failed in many interviews before, or because they lack the confidence), and this lack of self-belief is strongly reflected in their interview presence. Try to relax before your interview. Listen to your favorite music, read a good book, think on something nice, and repeat to yourself that you did what you could to succeed, and the rest is not under your control...

#### 4. Practice makes perfect

Try to practice your interview answers with a friend, or at least in front of a mirror. You can even hire an interview coach if you want. Practice will help you to feel more confident, and to get rid of the stress you may experience.

**Need more help?** Want to get ready for all challenges you may face in your interview, in less than three hours? Have a look at our Interview Success Package, here:

<https://interviewpenguin.com/interview-success-package/>

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