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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

15 Ways to Win a Job Interviews

By Cecile Peterkin

15 Ways to Win a Job Interviews by Cecile Peterkin

When you walk into a job interview, the product you are selling is YOU. The interview process begins when you accept the interview, and ends when the employer decides to either hire you or look for someone more suitable. The more you are able to communicate professionalism with personality, distinction and skill, the better your chance of getting the job.

Before the Interview:

Use the 3 P's – Plan, Prepare, and Practice.

1. Prepare for the interview; research the company and prepare questions based on your research.
2. Do mock interviews in order to prepare for all questions, especially uncomfortable ones.
3. Dress professionally even if the company dress code is business casual.
4. Arrive early! (12 – 15 minutes before the interview)
5. Give your interviewer a firm handshake. A powerful handshake and a genuine smile will get you off to a good start.
6. Beware of your Body Language; sit erect, stand and walk with confidence, lean forward toward the interviewer.
7. Build rapport – use powerful, effective communication techniques.
8. Be a good listener. Answer only what's asked, in a brief but effective manner.
9. Show enthusiasm and sincere interest. Don't act desperate.
10. Take notes. You may need to refer to them later in the interview.

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11. Communicate your skills, qualifications, credentials and the benefits you offer.
12. Demonstrate your accomplishments; how you improve sales, reduce cost, improve productivity, solve organizational problems, etc.
13. Make eye contact. It demonstrates confidence, trust, and power.
14. If you want the position, ask for it – directly.
15. After the interview: Send a follow-up thank you letter. The letter should state what interests you about the position, why you are suitable for the job, and your appreciation for the interviewer's time.

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Cecile Peterkin is the President and Founder of Cosmic Coaching Centre, and publishes "Recipes for Success", a Free monthly ezine on living your best life both personally and professionally. Cecile is a certified Career Coach and Retirement Coach and Speaker. She helps Middle Managers overcome the "Middle Syndrome" of being stuck in a middle position in mid-life.

Over-Enthusiasm in the Job Search

By Marilyn J. Tellez, M.A.

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Over-Enthusiasm in the Job Search

You have just had an interview that was great by your standards. You want to celebrate, maybe have a drink, dinner, and relax. You are SURE you will be the candidate who has won the job prize.

In fact, you have had several of these kinds of interviews this week. Three of them! You were enthused after each one! However, doubts overcame you after the second one did not produce a job offer, nor did the first one, and you are now once again on a "high" over this third one.

It's close to the weekend and you have decided to not worry over the results of this last interview. Surely, there will be good news for you on Monday. Monday morning and afternoon come and go with no results in your favor. In fact, no news at all. Now, you begin to have more than the twinge of doubt that you had before in your capabilities. And, you have no

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more interviews coming up all week long!

You decide to call the employer to see if they have reached a decision. They have. It was not you. You now have full blown anxiety and doubt about your abilities. Over-enthusiasm has hit you again. Enthusiasm for a job to do is a must, but you can have too much of it.

You, job seeker, would have been more in control of your emotions if you had continued to focus on your job seeking activities AS IF you have not been in an extraordinary job seeker mode with more interviews to choose from. It could be 10th interview you have that will get you hired.

If longer than that, practice, practice, practice on what you are doing to find a job. Make more contacts, overhaul your resume again, make sure your skill set is one that employers want. If not, brush up on some of the neglected ones. Keep going. It truly is not going to be a lifelong struggle to find one job!

Just keep your high's and low's within your reach. Think of over-enthusiasm as a balloon you let go of and its now out of sight. Make your sure you job seeker "balloons" are within reach.

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