



Interview Coaching Services (www.thecareercoach.co.uk)

- Do you have an upcoming interview for your dream job?
- Would you like detailed feedback and suggestions of how to present yourself in your best light, so you can get the job?

It's frustrating when you prep hard and do your best, only to lose out to another candidate. When feedback is asked for and what you get is vague or incomprehensible, it can add insult to injury as you don't know what to do to put it right and succeed the next time.

Interview coaching gives you the opportunity to practice in real time and in confidence, your answers to the questions they are likely to ask you, based on their job description and your CV.

While hardly anyone *relishes* the idea of a mock interview, and we know you're likely to feel a little nervous, we assure you that you'll never get a safer environment in which to make mistakes, so that you never repeat them when it matters... in the real interview, when you must stand head and shoulders above the rest of the candidates with your warmth and credibility to succeed.

The Career Coach offers two services for interview coaching. Choose from:

- 1) **Premium Interview Coaching**
- 2) **Standard Interview Coaching**

1) **Premium Interview Coaching - £499**

In-depth coaching on every aspect of the interview process from researching and preparing for your first interview, performing in first and subsequent interviews, individual and team exercises/presentations/case studies, telephone and Skype interviews, salary negotiation and more.

You'll receive:

- **Three coaching sessions:** 1 X 1.5 hour session plus two follow-up sessions of 1 hour each
- **A "pep call"** on the morning of your interview to address last minute wobbles and have you fired up and ready to impress!
- **Detailed written feedback** on your interview answers
- **Assignments** to work on between sessions
- **Email support** between calls
- **Supporting articles/resources**

- **Your coach's preparation and follow up time**

Premium is particularly recommended for:

- Those who need to work through their CV in detail and prepare, practice and hone stories which demonstrate competence for each and every aspect of the job description.
- Parents and carers going back to work, the self-employed wishing to return to a permanent role, job-hoppers and those with awkward gaps or moves in their CV to overcome.
- Those who've had feedback that they are "too direct" or lack sufficient "warmth".
- Introverts who find it hard to be speak up or be assertive in interviews, and dislike "blowing their own trumpet".
- Those facing several rounds of interviews, presentations and assessments, such as with Google another other major organisations.
- Those with multiple interviews with different organisations to prepare for at the same time.
- Those who find more value in working with a coach over several sessions because of the extra support and accountability it provides.

2) Standard Interview Coaching - £199

What if you don't need bells and whistles? You just want a one off intensive coaching session in which you get taken through your paces so you can practice your answers and get feedback from an experienced career coach on how your answers land with then?

Then all you need is our **standard interview coaching session** which includes

- **One 1.5 hour coaching session**
- **Coach prep time**
- **Coach follow up**

Before the session you will send your CV, job description and a list of questions you have found difficult to answer in past interviews or fear being asked for upcoming ones. Your coach will then prepare a list of competency based questions specific for your role and background, ready to ask during the interview session.

During the session itself typically we will:

- Identify your interview practice goals
- Conduct a mock interview, which will include your tricky questions
- Give you detailed feedback on what you did well, what you could do differently and what would make it better
- End with a personalised 3-5 step action plan, to use in your next interview.

Strong track record

For over fifteen years, Ros Toynbee has been delighting leaders and professionals using her services to transform the way they come across in interviews and win job offers.

Hi Ros. Once again many thanks for all your help. You have given me excellent coaching and guidance, and I wouldn't have done it without you. Your professional advice and encouragement has been superb. All the areas you highlighted did come up on my work experience day and 2nd interview. I was delighted they offered me the appointment.

A.T.

Hi Ros, I just wanted to quickly tell you the good news! I got an offer on Friday literally 1 hour after our call. They offered me a really good deal. I am happy and accepted on Monday. I am starting with 4 weeks training. I have so many things to organize at the moment it's crazy. I wanted to thank you for all your support and I will definitely reach out to you again when I need further help.

S.B.

I found out this afternoon that the university have offered me the job. I was shocked and delighted!! I wanted to say the mock interview helped a lot. Your advice to keep the presentation strategic was also very helpful, and I think made me stand out. So once again, thank you for your professional advice and support.

J.D

Ready to get started?

To get started email me ros@thecareercoach.co.uk with a few dates and times between 10 and 3 Monday to Friday so we can schedule our first session. Confirm in your email whether you want the Premium or Standard coaching programme and what specifically you would like help with, and include the job description and CV you want to work on, and I'll take it from there.

Sessions are available face to face at London Bridge, and by phone or Skype for those outside of London or wishing the convenience of a virtual support. A mixture of face to face and virtual is also available.

I look forward to working with you.

Ros Toynbee