

Interview Coaching Services



thecareercoach

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?

Choose from our in-depth premium interview coaching and standard interview coaching offers.



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.

Meet Karen Perkins, Your Expert Interview Coach

A career coach for over 12 years, Karen offers insights from 20 years of senior management and HR experience, having recruited individuals, set up new teams, and commissioned services in the public, private and third sector.

She assists with all aspects of the job search process, demystifying online job search, whilst helping you develop a great 'social' presence that appeals to employers.

She will help you navigate all stages of the interview process and offers practice for office based, hybrid or remote working roles and helps you build confidence & uncover transferable skills to locate, secure and then move successfully into your chosen role.

Karen holds an ILM Level 5 Coaching & Mentoring Diploma and is a Member of The Association for Coaching.



"I recognised that I required some assistance in preparing for my next career move and sought Karen's expert help in order to prepare me for an interview and group exercise. Karen enabled me to effectively prepare for the final stages of the recruitment process with a series of tools and techniques. Her personable and supportive approach allowed me to recognise and highlight my strengths which got me the job I wanted. I would recommend Karen to anyone looking for a short, sharp session on interview preparation."

Helen, Interim Manager Local Government

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 Zoom/Teams 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 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 PwC, JP Morgan, L'Oreal, BCG, Accenture and other major organisations.

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 them?

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 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.

HOW DO I GET STARTED?

To get started email [Karen](#) with a few dates and times Monday to Friday to schedule your session. Confirm 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 she'll take it from there.

Sessions are available by phone or Zoom/Teams.

She looks forward to working with you.