



Volunteering Opportunity

Juno Mock Interview Workshop

Helping job seekers maximise their chance of interview success

As the period of unemployment lengthens, a job seeker's confidence drops. During the same period if the number of rejections increases, the pace of the job search slows and interview opportunities dry up. For many job seekers, a pattern of self-isolation sets in and the ability to sell themselves in a professional setting gets increasingly stressful. Our observation of many long-term unemployed people is that their biggest hurdle in getting a job is their inability to perform well at interview.

To aid us in getting job seekers ready for the 'real thing' Juno Consulting facilitates 'mock' interview workshops. HR specialists and business professionals, from some of our top companies, join forces and donate their time to help long-term unemployed people learn how to jump the interview hurdle. Some aspects of successful job search can be learnt in the training room. However, the only way to improve at interviews is to have interviews.

Outcomes

Over the course of this 4 hour session the job seekers will:

- Gain confidence to be more proactive in their job search.
- Have some ideas on how to handle objections.
- Gain a better understanding of the interview process and develop their interviews skills.
- Have tested and refined their 'model' answers to interview questions and developed specific examples to 'back - up' the claims on their resume.
- Know how to prepare themselves for interviews and what information to have on hand.
- Have clarity on their key selling points that they must get across in interview.
- Will have improved their interview vocabulary.
- Learn how to get energy into their voice, project a positive 'can do' attitude and a professional body language.

Contact

For further details please contact Paul Lacey from Juno Institute -
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Structure

Volunteers are given a 30 minute briefing before they are introduced to the job seekers they will be working with. Each participant will come with a draft resume.

After taking the job seeker through a 20 minute (approximate) 'mock' interview we encourage our corporate volunteer interviewers to give them feedback and help them refine their:

- Greeting and introduction e.g. Handshake, eye contact etc
- Resume – update the content of the resume to better sell the job seeker
- Body language, facial gestures, voice and energy levels
- Model answers and the example they gave to the questions they were asked
- Key selling points that they must always get across at interview
- Ability to deal with the end of the interview and how to leave a good impression

As a result, from start to finish the job seeker will get feedback on how to make the best possible impression and maximise their chance of getting a job offer.