

# ONLINE INTERVIEW COACHING & PRACTICE

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Is it likely that your next interview will be via video call? Maybe you have already had one and feel as if you presented as unnatural, stiff and awkward. Perhaps you are applying for jobs and are daunted by the prospect of how you will come across on screen?

## 'ONE CHANCE TO MAKE A FIRST IMPRESSION'

Have you considered how it might feel to present to a screen? Are you confident in the use of various video call platforms?

EduCoach are offering individual, 1:1 sessions to support your success.

You will receive two 60 minute sessions:

1) A 1:1 online tutorial/coaching session where you can explore all of your concerns and anxieties, ask questions and be mentored through interview techniques by an experienced senior leader and Coach as an impartial 'critical friend'

2) From the start of the call - a real time, live practice interview under formal conditions, followed by feedback and points for development



- **How do I look on screen?**
- **Do I sound ok?**
- **What should I wear?**
- **Is my background appropriate?**
- **Am I too close to the camera?**
- **How do I introduce myself?**
- **What if my internet crashes or I have a bad signal?**
- **What if they ask me something I don't know the answer to?**
- **What if I can't hear them?**
- **What if I panic and freeze?**
- **What if they ask me to present?**

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**Self-awareness - Confidence - Resilience -  
Emotional competence - Success**

**Contact [info@educoach.uk](mailto:info@educoach.uk) for  
more information.**