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Battling Through the Interview Process!

By George Fleming, Momentum Coaching Resources

You show up for the interview. You're dressed smartly. You are fully pumped up...or fully relaxed – whichever style suits you best. You've done extensive research on the company – visited its website, researched other websites (vault.com, corporateinformation.com, the Phoenix Public Library's website, etc.) You're well prepped on the job description – and on how your skills and experience match up with the job description. You're prepared for trick questions such as "What is your greatest current weakness?"

You begin the interview, keeping in mind that the key thing you must decide is, "Do I want this job?" You remind yourself that you are not going to take just any job. (You aren't, are you?)

You are processing each question, asking yourself, "Why am I being asked this question?" You are carefully observing the interviewer's body language for his/her level of interest in you and for any positive or negative reactions to what you say.

You are reminding yourself that, even though you haven't worked in several months, you still have all the skills, talent and self-belief you've always had. So you push away those moments of self-doubt that pop up in the interview. You keep your game-face on, smiling and talking positively about the contribution you can make to the company.

You ask probing questions like, "How is success defined in this job?" You busily take notes throughout to interview – all the while appearing relaxed, positive and friendly. You wrap up the interview telling the interviewer that you are excited about what you've learned about the job and the company (if you, indeed, are excited). You get a commitment from the interviewer about when you two will next be in contact.

And you go back out to your car – and collapse in exhaustion. Wow, this is tough work! Can anyone who hasn't done this recently understand that this is like running a mini-marathon!

But you are well trained, well prepared and in peak condition! Treat each interview like an athletic event, and you'll land your next job in the minimum time.

George Fleming is the Principal of Momentum Coaching Resources. Visit www.momentum-coaching.net.

[<< Back](#)