



Interview Coaching

Format

Interview Coaching

A one-off 1 ½ hour session consisting of a ½ hour mock interview plus 1 hour coaching and feedback session.

Additional Coaching Sessions

Interview coaching is offered as a stand-alone session and entirely without obligation for any further coaching sessions.

However, should Clients decide that they would benefit from further coaching then a quarterly coaching contract consisting of 6 hours of coaching may be entered into. Should you decide to do so; **the cost of the interview session will be deducted from the price of the quarterly coaching contract.**

Duration

1 ½ hour stand-alone session

Cost

£100 one-off fee for the interview session

Fees for on-going sessions as agreed are payable quarterly in advance and are subject to VAT if sessions are delivered in the UK

Interview Coaching is designed to help all candidate from administrators to senior executives secure the positions they desire.

Did you know that according to research into the communication process* 55% of the impact we have is determined by body language i.e. postures, gestures and eye contact, 38% by the tone of voice and only 7% by what we actually say. Thus understanding how we come across at interview and what we can do to change that impression can make a big difference to whether we get the job or not.

Interview coaching is especially beneficial if you have not been through an interview process in some while and would like to polish up your interview skills. Alternatively you may have been turned down for a position that you felt you should have secured and would like to get some feedback and coaching on your interview style. Maybe you feel that nerves have hampered your performance in previous interview situations and would like to look at ways of enhancing your performance at your next interview.

During her 26 years in management and senior executive positions prior to becoming a Coach, Michelle Johansen interviewed many hundreds of people both in the finance industry in Guernsey and in the UK. She is therefore well placed to combine this expertise with her training as an Executive Coach to help people maximise their performance at interview.

Michelle is also a Neuro Linguistic Programming Practitioner and is therefore able to combine these techniques with coaching programmes to help build confidence and increase presence and impact not only at interview but in the workplace once the job has been secured.

* *The Journal of Counselling Psychology* Vol.31, 1967, pp.248-52

Please contact me for more information

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