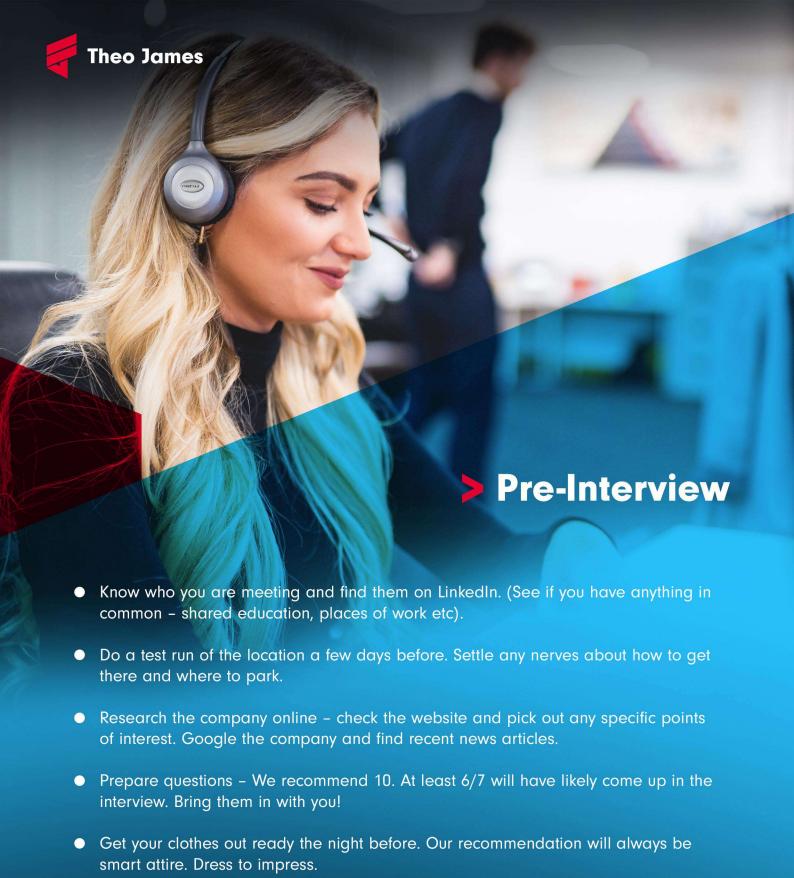


## Interview Tips



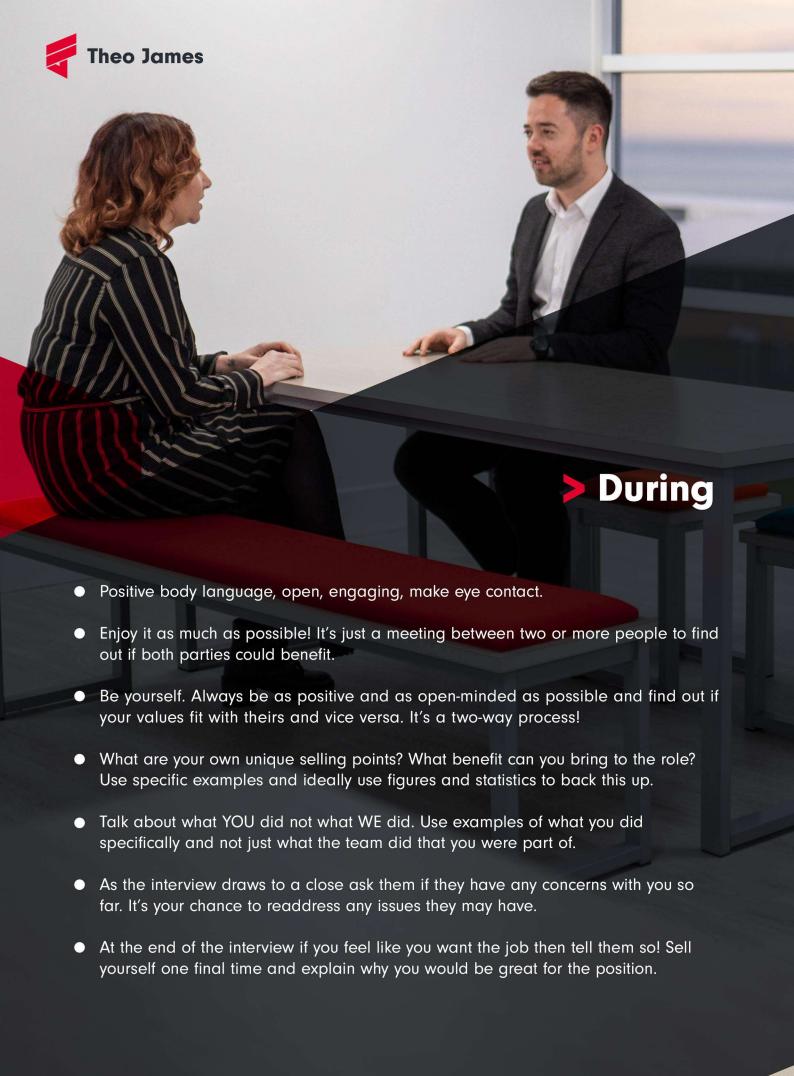
Have an early night and don't eat something that may upset your stomach!

may ask you about.

breath work or meditation before you go in.

Read through your CV and know it well! Prepare for any possible questions they

• Arrive 15/20 mins early. Leave plenty of time so you can relax and ideally do some





## > Things to Avoid

- Don't talk negatively about a current or ex-company / colleague. Try to be honest but tactful.
- Don't talk about salary too early unless asked.
- Don't talk too much about progression. Ensure they can offer you the required progression. But, understand they are interviewing you for the current role.
- Don't sell yourself on something you can't do. Sell yourself on what you CAN do and show a willingness to learn in areas you can't.
- Don't take online company reviews too seriously. It's often disgruntled ex-staff who
  write them and the ones still working don't.



## Thank You

If you would like to get in touch, please email hello@theojamesrecruitment.com or call 0330 1340 274