

P.R.A.C.T.I.C.E

Framework



The P.R.A.C.T.I.C.E Framework

P

PREPARE

- Spend at least 10 hours preparing for your interview.
- Split your time:
 - 20% Research the company
 - 40% Anticipate those questions

R

REHEARSE

- Spend the remaining 40% of your prep time saying your answers out loud (or doing a mock interview) until they flow seamlessly.
- Use this opportunity to refine your tone, pace, and body language.

A

ASSESS

- Reflect on your mock interview - what's working well and what needs a makeover.
- Being self-aware is key to delivering a strong performance in your interview

C

CHANGE

- Implement any changes following your mock interview.
- This will help you fine-tune your approach ahead of your main interview.

T

TIME KEEPING

- On the interview day, ensure you arrive at least 15 minutes early.
- Punctuality is key, as being on time not only shows respect for your interviewer's time but also demonstrates your reliability.
- Plus, arriving early allows you to adapt to the environment, contributing to your overall comfort during the interview.

Prepare

Rehearse

ASSESS

Change

**Time
Keeping**

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I

IMPRESSION

- Dress for success- 65% of interviewers will judge you based on your appearance.
- Maintain eye contact and wear a winning smile.
- Engage in casual conversation.

Impression

R

CALM & COLLECTED

- **Take a deep breath**, inhale for the count of 4 - release for the count of 4.
- **Visualise success**, instead of thinking of the worst case scenario think of the best case.

Calm & Collected

E

ENGAGED

- Show genuine interest in the role.
- Ask questions.
- Let them know you're not just there for a job but you're there to contribute to the growth of the team and the company.

Engaged

Want to master your next interview?



Watch our 2-Part Interview Series

Did you know that a staggering **88% of candidates miss out on job opportunities** because they don't invest enough time preparing for their interviews? 🤖 Don't let this be you!

Unlock the secrets of successful interviews as we spill the beans on **what interviewers are truly looking for** and the pitfalls that could be sabotaging your job prospects. From unravelling interview anxiety to showcasing the power of emotional intelligence, we've got your back!

[Watch now](#)

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