

HANDOUT FOR MENTEE**EMPLOYABILITY****4. Theme “Successful job interview”****Exercise “I present myself through this postcard”**

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Based on: *direct and indirect experiences linked to the narrative and biographical approach in guidance and training, implemented by Speha Fresia in the last years through Transcultural Biographical Learning Practices [Realize. Transcultural Biography Work. Manual, November 2012] downloadable at the following site:*

[http://www.realizeproject.eu/index.php?id=10&no_cache=1&tx_drblob_pi1\[downloadUid\]=50](http://www.realizeproject.eu/index.php?id=10&no_cache=1&tx_drblob_pi1[downloadUid]=50)

Task for mentee

This exercise will help you to prepare a job interview or just to improve your communication skills.

There such steps in this exercise:

1. The **first task** for you is to choose an image or any object for the self-presentation and to prepare it mentally.
2. In a **second step** you will start your presentation (video recording is recommended) and mentor will collect his/her feedback about your performance.
3. Comments and findings are collected in the personal portfolio and mentor could assign specific tasks to overcome any difficulties met during the simulation of the interview.