

**HANDOUT FOR MENTEE****EMPLOYABILITY**

4. Theme "Successful job interview"  
Exercise "Positive motivation for an interview"

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Idea based on: "NLP Workbook", Joseph O'Connor;  
NLP Practitioner training material of Annanet

**Task for mentee**

Below you will find some statements concerning your thoughts before the job interview, your thoughts about you and the job interviewer and your possibilities to get a job. Each time you have to choose one answer **from two (a or b)**.

1. There are two statements below. Please select the one that you prefer **when thinking about your job interview**. Choose which one - **a)** or **b)** matches your thoughts.

Mark your selection

a) I think I am going to feel nervous at the interview.

b) I think I am going to feel just great at the interview.

2. There are two statements below. Please select the statement that you prefer **when thinking about you and the job interviewer**. Choose which one **a)** or **b)** matches your thoughts.

Mark your selection

a) I think that I am as important person as an interviewer

b) The interviewer is more important person than me

3. There are two statements below. Please select the statement that you prefer **when thinking about your possibilities to get a job**. Choose which one **a)** or **b)** matches your thoughts.

Mark your selection

a) I have a feeling that I will not get that job

b) I will get the job

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Exercise "Positive motivation for an interview"

**Task "Feeling of positive motivation"**

It is useful to concentrate on positive thoughts when thinking about the job interview in advance. Now we suggest you the short exercise which may help you to create positive motivation in the job interview.

Please follow the instructions provided below.

1. *"Think about the situation earlier in your life when you have been relaxed, calm, confident and happy. Remember the situation you were then and feel the feeling you once had at that time. What can you see, hear and feel when you are thinking about that situation?"*
2. *When you have that memory clearly in your mind concentrate on it and think could there be a symbol which could describe those feelings. If you can find that kind of symbol put all those feelings you have now – relaxed, calm, confident, happy – in your imagination to the symbol.*
3. *Having that good feeling and symbol in your mind repeat the following sentences in your mind or aloud:*
  - *I'm going to feel just great and relaxed at the interview*
  - *I am as important person as the interviewer*
  - *I'm a significant person*
  - *I will get the job*

*In the future take the symbol reminding you of your good feelings and your strong abilities with you to the interview. The symbol will be your resource in the interview.*