

# Pathway: Get Interview Ready!

Review the pathway below (option to customise)

Total Duration: 2 hours

## Learning outcomes:

- Learn ways to stay calm before and during job interviews. This will help you feel more relaxed and focused on the conversation, not your nerves.
- Practice how to speak clearly and use good body language. This will make it easier for employers to see your strengths, no matter your background or past work experience.
- Build your own success stories that show what you can do. Helping employers understand why you are good for the job, even if you are just finishing school. And learn proven methodologies for handling difficult questions.
- With adaptable AI Roleplays, learners will be able to simulate their interviews, before they encounter them in real life. Building confidence within themselves.

## Session 1. Prep: Feeling calm and confident

### **Exercise:** Guided meditation

*Practice posture and mindful breathing techniques to calm nerves and feel more present and in control before speaking.*

### **Exercise:** Speaking: The importance of body language

*Discover how your body language can impact how others perceive your confidence and message.*

### **Questionnaire:** Reflecting on Body Language

*Reflect on how aware you are of the signals your body language sends to others.*

### **Exercise:** Speaking: Grounding yourself

*Use the 5-4-3-2-1 technique to manage anxiety by engaging your senses and anchoring yourself in the present moment.*

### **Questionnaire:** Grounding and focus

*Describe a situation where you felt grounded and focused. What helped you stay calm and present?*

### **Exercise:** Personal calming techniques

*Learn and try three practical calming strategies: depersonalisation, grounding, and box breathing—tools to stay composed in pressure moments.*

### **Quiz:** Managing Nerves & Anxiety

*Check your understanding of effective calming techniques and identify the best ways to prepare for stressful situations.*



## Session 2 : Prep: Speaking with confidence

### **Exercise:** Warm up your voice

Practice vocal warm-up techniques with a coach to prepare your voice for public speaking and feel more confident.

### **Exercise:** Shaping your volume

Experiment with different volume levels to understand how projection affects audience engagement.

### **Exercise:** Adjusting Your Pace

Discover your natural speaking speed and learn to adjust it for greater impact and clarity during communication.

### **Questionnaire:** Finding your voice

Take a short quiz to identify your natural speaking style—Teacher, Motivator, Expert, or Influencer—and learn how to harness it.

### **Exercise:** Communicating with Clarity, Concision and Confidence

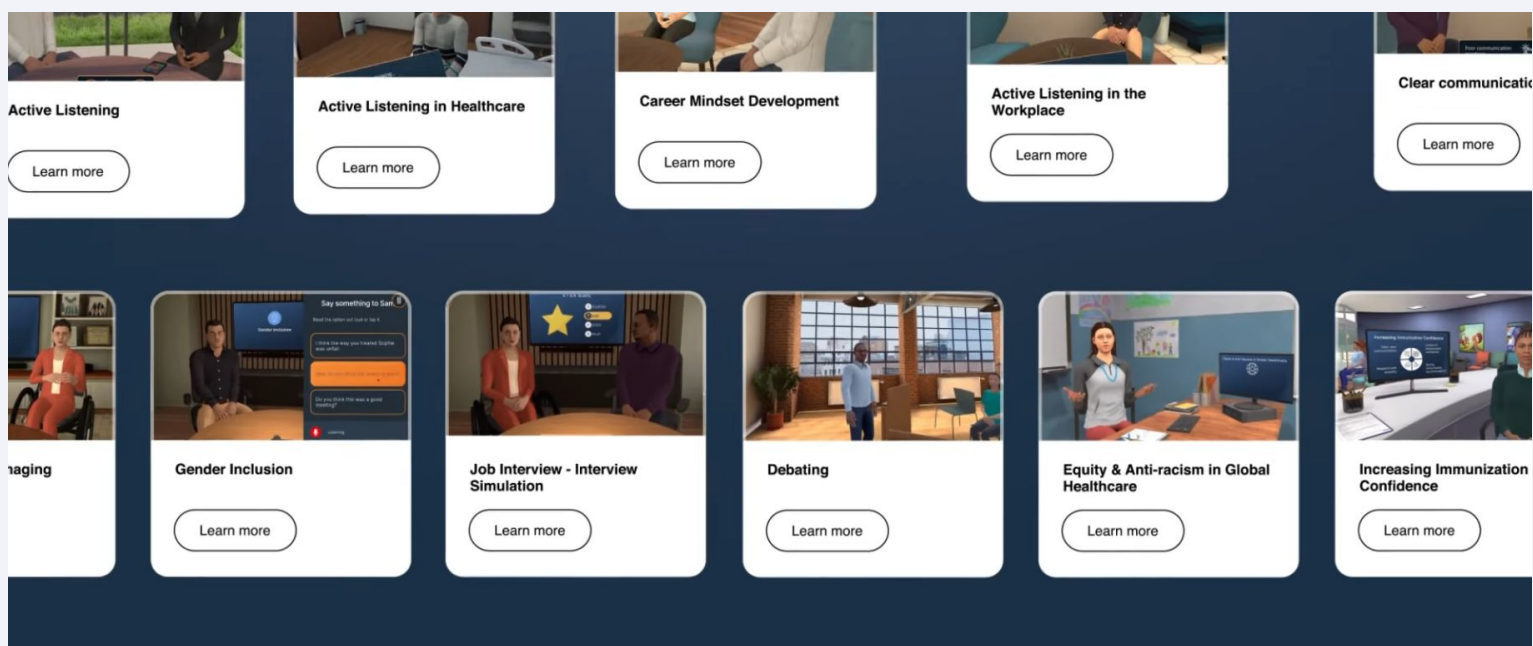
Deliver a clear, concise pitch in a simulated workplace challenge, receiving feedback on your verbal and non-verbal communication.

### **Simulator:** Debating: Cats vs Dogs [Easy]

Engage in a light-hearted structured debate against an AI opponent to practise respectful argumentation and persuasive speaking.

### **Quiz:** Speaking with impact

Test your understanding of vocal delivery, speaking pace, and how to communicate authentically and clearly.



## Session 3: Prep: Crafting your answers

### Exercise: Identifying Your Strengths and Non-Negotiables

Explore your values, work preferences, and unique qualities through a self-reflection activity to uncover what you need to thrive in a job.

### Questionnaire: Reflecting on Strengths and Non-Negotiables

Think about one of your strengths and one of your non-negotiables. What are they? Are they in any way connected?

### Exercise: Crafting Convincing, Compelling Answers

Watch how personal qualities can be effectively tied to a company's mission, then analyse examples and practise doing the same in your own responses.

### Exercise: Preparing Interview Stories

Rehearse sharing real examples of achievements in your own words to build a story bank you can use confidently in interviews.

### Quiz: Mastering Your Interview Narrative

Test your knowledge of what makes interview answers compelling, and why storytelling is a powerful tool for demonstrating your value.

The screenshot shows a user interface for a learning pathway. At the top, it says 'Second years' and 'Employability skills for ESOL learners'. There is an 'Edit Pathway' button. Below this are filters for 'by unit' and 'by learner', and a search bar. The main content is a list of units with progress bars and 'View' links. The units and their progress are:

Unit Name	Progress
How to use Bodyswaps	17 finished, 5 in progress, 8 not started
Job interview: Managing interview anxiety	All 31 finished
Job interview: Landing the perfect job	1 finished, 4 in progress, 23 not started
Reflect on your strengths and needs	8 finished, 6 in progress, 19 not started
Check what you have learned	18 finished, 5 in progress, 5 not started

At the bottom, it says '© Takes around 38 mins'.

## Session 4: Landing the job

### **Exercise:** Crafting Interview Answers with CAR

Learn the Context, Action, Result technique by evaluating sample answers and understanding how to apply the structure in your own responses.

### **Quiz:** Mastering Your Interview Narrative

Test your understanding of structured interview techniques like CAR and STAR, and learn how to apply them in real scenarios.

### **Simulator:** Job Interview Simulator [Customisable - Any role]

Build an interview for your students - whether that's for a law firm to a nuclear scientist. See your learner report and learn where to improve next.



 **bodyswaps**

Confidence starts here.

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