

Handout 3: Confidence Tips for Interviews

Own Your Achievements

Avoid minimising ('It was nothing' / 'I just helped'). Replace with strong language: 'I led...', 'I achieved...', 'I delivered...'.

Shift from Perfection to Progress

You don't need 100% of the criteria to be successful. Focus on what you can bring and how quickly you learn.

Practice Out Loud

Confidence grows with repetition. Practice your STAR stories with a friend, mentor, or even in front of a mirror.

Use Power Posture & Breath

Before the interview, take 2 minutes to sit/stand tall, breathe deeply, and ground yourself.

Reframe the Interview

It's not a test — it's a conversation. You're also assessing if the organisation is the right fit for you.

Anchor with Affirmations

Before you go in, remind yourself: 'I am prepared.' 'I bring unique value.' 'I deserve to be here.'