



Interviewing and Networking Workshops

Prepare students graduates and leavers
Infiltrate the Job market
Successful pitching for your business
Interview Techniques

Purpose

In this competitive market it is crucial to offer potential employers and education establishments more than just a good CV and qualifications. Having the confidence to present yourself in a relaxed and authentic way is crucial in an interview situation.

Process

This inspiring workshop uses experiential exercises, specialised structured games and researched role-play situations to relax and empower delegates while developing their all important communication skills.

Minimum duration 2 hours- 1 day

Maximum numbers 15- 1 Trainer

Payoff

- **The communication cycle and how to use it to your advantage.**
- **How to make communication more comfortable - change yourself to change others**
- **Recognise what works about you**
- **Develop awareness of personal communication style and skills**
- **Discover new tools to help in stressful face to face interview and networking situations**

Target groups

Graduates, job seekers, students, medical students, school leavers (preparing for college or job market)
Business and law Schools.

Clients include

NHS- Worthing and Southlands, East Surrey Hospital, Lewisham College, Rose Bruford College, University of East London

Case Study

This workshop was first developed and delivered for The University of East London Employability Department as a warm up before an important business networking lunch where students met and made contact with important potential employers. The client objective was to provide a networking training session for around 25 to help them gain confidence and learn new skills in communication.

Feedback

"The students were all confident when faced with a group of employers in the networking lunch. They had a better understanding of how to approach and interact with the employers, and were also a lot more relaxed and confident than before the session"

Employability Department University East London