

Mastering Video Interviews

with

LAST FRIDAY JOB PARTY

A JOBSEEKER WORKSHOP

1. Set the Stage:

- Choose a quiet, well-lit location for your interview.
- Ensure your background is tidy and professional. Consider a neutral backdrop or a virtual background if necessary.
- Test your lighting to avoid harsh shadows or glares



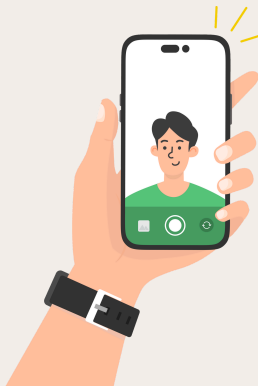
2. Technical Prep:

- Check your internet connection and ensure it's stable.
- Test your camera and microphone to ensure clarity.
- Consider using headphones with a built-in microphone for improved sound quality.
- Close unnecessary applications on your computer to optimize performance.



3. Practice Makes Perfect:

- Conduct mock interviews with a friend or family member to get comfortable with the format.
- Practice maintaining eye contact with the camera while speaking.
- Record yourself answering common interview questions to identify areas for improvement



4. Dress for Success:

- Dress professionally from head to toe, as you would for an in-person interview.
- Avoid distracting patterns or accessories that may detract from your message.



5. Body Language Matters:

- Sit up straight and maintain good posture throughout the interview.
- Use hand gestures sparingly to emphasize key points.
- Smile naturally to convey warmth and enthusiasm



6. Engage with Confidence:

- Project confidence through your tone of voice and body language.
- Practice active listening by nodding and responding appropriately to the interviewer's cues.
- Remember The Law of 3's: Limit your responses to three concise points to avoid rambling.



7. Adapt to Virtual Etiquette:

- Make eye contact by looking directly at the camera rather than the screen.
- Minimize distractions by silencing notifications and closing unrelated tabs or windows.
- Respect the interviewer's time by keeping your responses concise and on-topic.



8. Read the Room:

- Pay attention to the interviewer's body language for cues on when to wrap up your responses.
- Be prepared to adapt to any technical issues that may arise during the interview



9. Follow-Up with Gratitude:

- Send a personalized thank-you email within 24 hours of the interview.
- Mention a key takeaway from the conversation to demonstrate your attentiveness and interest in the role.



By following these steps and practicing consistently, you'll be well-equipped to tackle any video interview with confidence and professionalism.

Good luck!