SIMPLE & PRACTICAL GUIDE FOR INTERVIEW SUCCESS

Building Your On-Camera Confidence!

- Get comfortable with your appearance: Take some time to appreciate and embrace your unique features and qualities.
- Dress in clothes that make you feel comfortable and confident.
- Relaxation techniques: Before stepping in front of the camera, practice relaxation techniques to calm your nerves and center yourself, that could be doing relaxing deep breathing, or putting on your favorite song and dance it off.

Follow the above exercises and take notes of what works best for you, colors, accessories, etc.

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Before Interview Checklist

☐ I've research the show and host

☐ I have studied and practiced my key message

☐ My clothes and my make up make me feel comfortable

☐ My accessories are part of my personality and not a distraction

☐ I'm prepared to get ready and to arrive early

During Interview Key Awareness

☐ Be mindful of your body language. Maintain eye contact, sit up straight, and use gestures sparingly and purposefully.

Stay Calm and Focused:

Manage nervousness by practicing deep breathing techniques. Stay focused on your key messages and the purpose of the interview.

Additional Checklist for Online Interview

☐ I have checked the interview app, sound and all the technical details

☐ I have previously recorded and checked how to correctly position myself on video

☐ I have the best available light, and I don't have a strong distracting backlight

☐ My background doesn't have any distracting element or I'm using a blurred or virtual background that isn't distracting either

☐ I know the relaxation exercise that works for me

Add your own items to the checklist

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☐ _____

☐ _____

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Thank-you!

I'm thrilled to continue our work together. Please feel free to reach out and learn more.

Simone Bueno

Contact:

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Find equipment suggestions here:
simonemony.com/resources

Online Interview Framing Awareness

Too much face touching

Too much backlight or not enough front light

Too close or out of frame