



SPHERE
RECRUITMENT SPECIALISTS

Top Tips for Job Seekers:

Preparing for Interviews (Face-to-Face and Virtual)

Research the Role and Company

Understand the job description inside out and spend time researching the company's values, culture, and recent news. Being informed shows enthusiasm and helps you tailor your answers.

Practice Makes Perfect

Prepare answers to common interview questions, focusing on examples that showcase your skills. Use the STAR technique (Situation, Task, Action, Result) to keep responses structured and relevant.

Dress to Impress

For face-to-face interviews, opt for professional attire that matches the company's culture. For virtual interviews, maintain the same standard—dress professionally from head to toe (you never know if you'll need to stand up!).

Set Up for Success (Virtual Interviews)

Test your tech—ensure your camera, microphone, and internet connection are working smoothly. Choose a quiet, well-lit space with a tidy background to create a professional impression.

Body Language Matters

Maintain good posture, make appropriate eye contact (look into the camera for virtual interviews), and remember to smile. Confident body language is just as important as the words you say.

Ask Thoughtful Questions

Prepare a few questions about the role or company to demonstrate genuine interest. Avoid asking about salary or benefits until the later stages.

Follow Up

Share some initial feedback with your recruiter or send a brief thank-you email to the HR contact you were dealing with to arrange the interview; this will help to reiterate your interest and also provide further clarity on any specific points from the interview.

We're here to help:

Feeling unsure about your next interview? Our team at Sphere Recruitment is here to help. Get in touch on +44 (0) 28 96929010 for personalised advice to land your dream role!