



WHAT IS AN INTERVIEW

The interview is a dialogue between a candidate and a prospective employer. The most commonly accepted objective of the interview is to determine whether there is a match between the candidates' education, experience, interest and goals and the goals of the organization related to the position for which the candidate is interviewing. But it is important to remember that the interview is a "two-way street," thus you should not be afraid to ask questions related to your interest and goals.

Being able to interview successfully is an essential skill in finding a career. At Resources In Food, we are interested in helping our candidates to make the best impression possible on the clients with whom they interview.

Preparing for the potential interview may be the most important step. Going into an interview unprepared is a sure-fire way to NOT get the job. The recruiters at Resources In Food have put together the following list of interviewing tips to help you in your preparation.

- A. 40% OF A SUCCESSFUL INTERVIEW IS YOUR ATTITUDE (ENTHUSIASM, EXCITEMENT AND ENERGY).
 - SMILE.
 - STAY POSITIVE!
 - USE 60-80% EYE CONTACT.
 - REMEMBER TO HAVE FUN.
- B. 20% OF THE INTERVIEW IS SELLING YOURSELF.
 - KNOW ALL OF YOUR BEST MANAGEMENT QUALITIES.
 - SELL POSITIVE – DON'T TELL NEGATIVE.
- C. 40% OF THE INTERVIEW IS THE CLOSE.
 - THINK OF AN INTERVIEW AS A SALES CALL AND YOU ARE THE PRODUCT. YOU ARE THE BEST "SALESPERSON".
 - AFTER YOU HAVE FINISHED ASKING QUESTIONS, YOU CAN LEAD INTO THE CLOSE – ASK FOR A 2ND INTERVIEW!
 - THANK THEM FOR THEIR TIME.