Mock interviews

Benefits of a mock interview

Mock interviews are a brilliant way of you being able to test out your interview skills with someone who isn’t evaluating you for an actual job. There are a number of important benefits to ‘practicing’ your interview technique through mock interviews.

1. They provide you with constructive feedback in a low-stress environment

1. They help you boost your confidence

1. They help you reduce stress and anxiety about interviewing

1. They can help you prepare for specific questions about your skills

1. You can get feedback on what you did well and what you could improve on

Several heads are better than one when it comes to interview questions and what is a suitable response. Remember “Prepare, Practice, Perform “.

Even if you think your skills are at a very high level, everyone can benefit from mock interviewing opportunities!