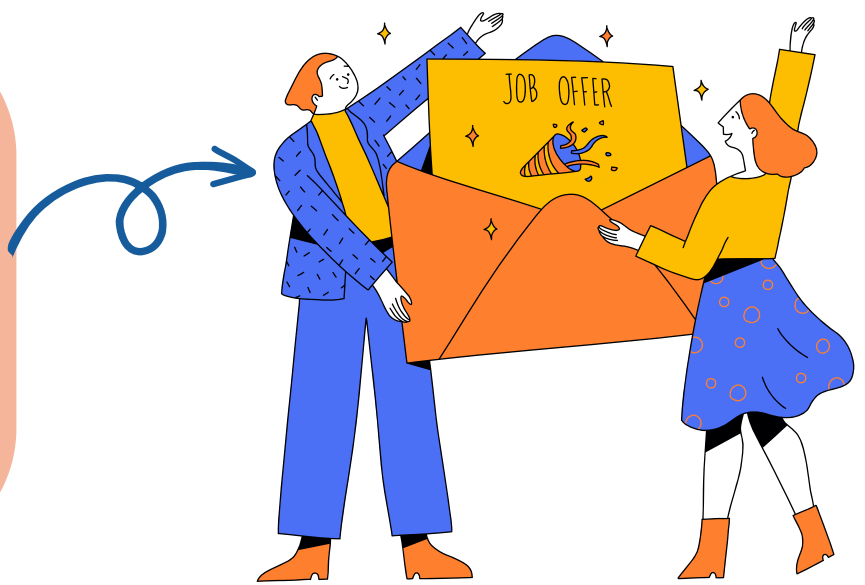


INTERVIEW TIPS FOR INTROVERTS



If you're feeling hesitant or nervous about interviewing, these tips are for you.

Prepare, prepare, prepare!



- Practice a 2-3 minute elevator pitch for those “tell me about yourself” questions
- The more you practice answering common interview questions out loud, the less nervous you'll feel when they come up in the real thing

Get in the right mindset



- Remember that interviews are a two-way street—you are also interviewing the company & team!
- Interviews are about finding the right fit for both parties, so don't forget to be yourself (yes, really!)

Decompress before & after the interview



- Give yourself a few minutes before the interview to clear your head, give yourself a pep talk, or listen to your favorite hype song!
- Take a moment after the interview to decompress and reflect before jumping into your next task

You've got this! For additional interview tips and support, reach out at [carexconsulting.com](https://www.carexconsulting.com).