



FIRST IMPRESSIONS

COUNT

7%

FROM WHAT WE SAY

38%

THE QUALITY OF OUR VOICE, GRAMMAR AND OVERALL CONFIDENCE

55%

THE WAY WE DRESS, ACT AND CARRY OURSELVES

MUST Do's

- Learn about the organisation and role
- Know your cv
- Review your qualifications / experience for the job
- Be ready to briefly describe your experience / match to the role or culture
- Have brief organised notes / prompts
- Turn your mobile off / silent

84%

OF INTERVIEWERS EXPECT CANDIDATES TO BRING A CV TO THE INTERVIEW

70%

OF EMPLOYERS USE SOCIAL MEDIA TO SCREEN CANDIDATES

12 DAYS

AVERAGE WAITING TIME TO HEAR BACK FOLLOWING AN INTERVIEW

MOST COMMON INTERVIEW MISTAKES

LACKING WARMTH OR PERSONALITY

CONCENTRATION OF 'ME' QUESTIONS

NOT PAYING ATTENTION

TALKING TOO MUCH

HAVING LITTLE OR NO KNOWLEDGE OF THE COMPANY

ARRIVING LATE OR DRESSING INAPPROPRIATELY

NOT SHOWING ENOUGH INTEREST OR ENTHUSIASM

PARAGON
RECRUITMENT
THE PEOPLE PEOPLE



FIRST IMPRESSIONS COUNT

424

USE BOX BREATHING TO
HELP PRE-INTERVIEW
NERVES AND FOCUS

48%

OF PEOPLE CONSIDER
A SMILE THE MOST
MEMORABLE FEATURE

0.1 SECONDS

FOR THE BRAIN TO FORM
A FIRST IMPRESSION

8020

SPEND 20% OF PREP TIME
ON THE COMPANY AND
ROLE AND 80% ON YOUR
SKILLS AND EXPERIENCE

6 MOST LIKELY ASKED QUESTIONS

- Tell me about yourself
- What do you know about our company?
- Why do you want to work for us?
- Why have you chosen this industry / role?
- What are your strengths / weaknesses?
- Do you have any questions for us?

DON'T FORGET

- Prepare and research
- Plan your route
- Practice out loud
- Actively listen, don't interrupt
- Ask about the next step
- Smile
- Send a thank you if appropriate

ALWAYS REMEMBER

An interview is a **two-way process**.
It's a chance for you to see if the role
and environment is the **right one** for you.

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