

You're being interviewed. Here's everything you need to know.

Thanks for taking part! It's much more relaxed than you might think. Five minutes reading this is all the prep you need.

Your time slot

Where to go

BEFORE THE DAY

- Have a look at the questions you've been sent. Jot down bullet points if it helps, but **please don't write a script**. Natural answers sound much better.
- Think of one or two short stories or examples. They're what makes a video memorable.

WHAT TO WEAR

- **Yes:** solid, mid-tone colours (navy, teal, burgundy, grey, earthy tones), something you feel good in, a top you can clip a small mic to, a waistband or belt for the mic pack.
- **Avoid:** fine stripes or small checks, bright white or all black, big logos, noisy jewellery, and green if there's a green screen.
- A little powder helps stop shine under the lights. Glasses are fine.

ON THE DAY

- Arrive 10 minutes before your slot. We'll fit your mic and have a quick chat first.
- Look at the interviewer, not the camera (unless we ask you to).
- Answer in full sentences that include the question. For example: "What I love about working here is..."
- Stumbled? Laughed? Lost your thread? No problem at all. Just start the sentence again.
- Phone on silent and out of your pocket (vibration is picked up by the mic).
- You'll be asked to sign a short consent form. We'll explain it first.

REMEMBER

It isn't live. You can't get it wrong. We'll only use your best moments, and nothing is published until it's been approved.

Questions? Email office@lifegrowth.digital