

Preparing for your ST3 Interview

1. Use the person specification as your guide

It's the biggest clue you have about what questions will come up, where you need to have good examples and what the panel are looking for evidence of.

2. Be concise

Don't expect or assume the panel will be able to find the golden nugget hidden amongst 10 minutes of waffle! Keep your answers clear and concise; signpost the panel to bits you want them to remember, know when you've said enough.

3. Be yourself

Giving the same bland or rehearsed answer makes you forgettable. I want to know - how your experiences have shaped you? What it is that makes you a great clinician? What it is that drives your ambition?

4. Get your first impression right

Remember impressions start from the moment you enter the room or meet the panel – smile, shake hands, be interested.

"Kirsten is very professional and structured in her coaching methods. I think she is just fantastic at directing the candidate to the right way. She is 100% committed in her job to get candidates to what they want to achieve. All I can say is I got the job the same year I met her after her coaching sessions. I have since recommended her to a lot of my colleagues and the success rate is unbelievable"

Dr Hussain, Cardiology, Welsh Deanery

**READ MORE TESTIMONIALS AND BOOK YOUR COACHING SESSIONS
AT WWW.KICKSTARTDEVELOPMENT.CO.UK**