

# ATHLIFE

## Interviewing Strategies

Matt Darby & Carrie White



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# ATHLIFE

Empower athletes to meet and exceed their professional development goals.



# *Icebreaker*

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**TELL ME ABOUT  
YOURSELF**

# *Tell Me About Yourself*

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- Tailored for networking or interviews
- Know it, but don't memorize
- Can be given in chunks
- Present - Past - Future framework



# *Agenda*

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- **Preparing for the interview**
- **What not to do**
- **SOAR stories**
- **Interview prep workbook**

# *Before the Interview*

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- Research institution and interviewers
- Confirm the logistics
- Know your resume & the job
- Prepare questions for the interviewer

# *During the Interview*



- Turn off your phone
- Take notes
- Be aware of your body language
- Share your brand

# *Key Reminders*

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- Understand the question being asked
- Be the answer to their problems
- Practice your SOAR stories
- Know your key talking points



# *Three Types of Interview Questions*

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- About you/general
- Behavioral/situational
- Job specific/skills-based

# *S.O.A.R. Stories*

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<b><u>S</u>ituation</b>	Briefly set the context
<b><u>O</u>bstacle or <b><u>O</u>ppportunity</b></b>	Describe what made the situation difficult or an opportunity that was presented.
<b><u>A</u>ction</b>	How did <u>you</u> contribute to a successful outcome?
<b><u>R</u>esult</b>	What were the results? How did you contribute to achieving them?

# ***SOAR Story***

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**Write a SOAR story about...**

**→ Coaching impact**

**→ Personal character or  
work ethic**

# *SOAR Storytime*

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**“I’m a firm believer in that you play the way you practice.”**

**- Larry Bird**



# *What Not To Do*

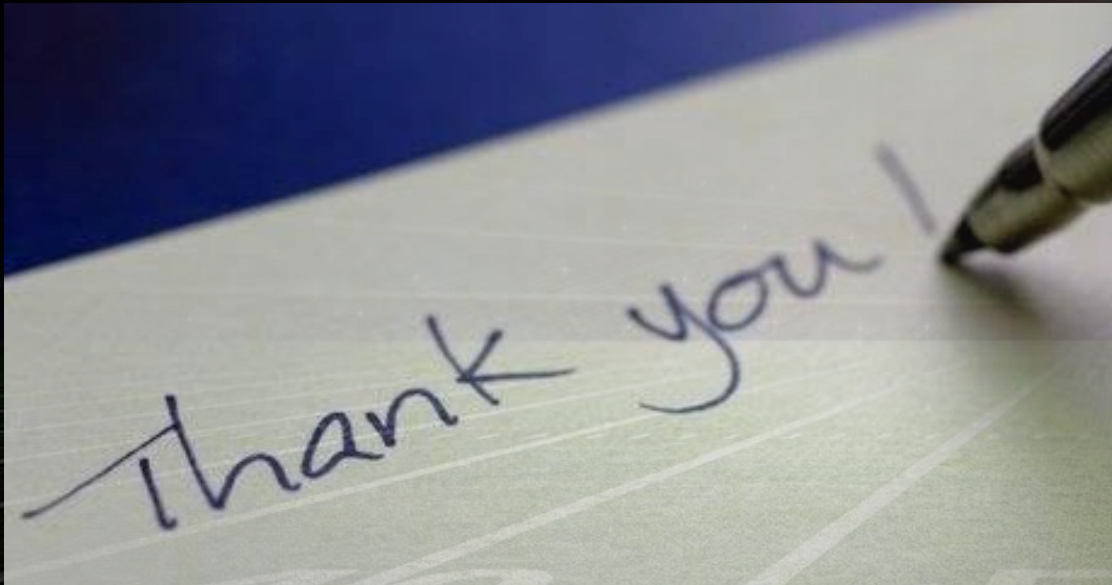
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- Belittle previous employers/managers
- Lack of energy/enthusiasm
- Be arrogant = no humility
- Speak in generalities, not specifics

# *After the Interview*

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- Send thank you note
- Review performance
- Follow-up appropriately
- Ask for feedback if possible

# *Interview Prep Workbook*

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Failing to prepare is preparing to fail.

John Wooden

 quote fancy

- Practice Tell Me About Yourself
- Interview prep worksheet
- Practice SOARs

A photograph of a football field at night, illuminated by stadium lights. The field is green with white yard lines. The numbers 40, 50, and 40 are visible on the field. The word "Questions?" is overlaid in the center in a large, white, sans-serif font.

**Questions?**



# *Next Steps*

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- Contact your Program Manager if you are not yet working with AthLife
- Contact your AthLife Advisor to continue working on your interview preparation

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