

NAME:

DATE:

# KF-STRIDE®

strength identification and expression

This KF-STRIDE tip sheet was designed for you to use any time you have a job interview. We recommend you make many copies of it and use it each time you need it.

## YOUR STRENGTHS

Strength 1

Strength 2

Strength 3

## JOB

What job are you applying for?

What responsibilities will you have for that job?

What is one pleasant and one unpleasant thing you may be asked to do on job?

## EXPECTED SKILLS

What skills would the employer expect you to have

What skills do you have relevant to this job?

Which experiences will you discuss relevant to the job?

## STRENGTHS

Which of your strengths relate to this job?

How can you convey being a hard worker?

How can you convey being a good team player?

## WEAKNESS

What is a strength you can disguise as a weakness?

How can you talk about it?

Does your answer make you sound appropriate?

## CHECKLIST FOR DAY BEFORE

Did you research the company?

Do you have clean, ironed, professional clothes?

Are you planning to write a thank you note?

Did you set your alarm so you can shower, shave and be there 10 minutes early?