

Introducing Myself

Almost every interview you go to will start with the “so, tell me about yourself” question. It can be a tricky question to answer so use the template below to help prepare for this question.

Format:

Name (and age) + interest or hobby + skill/strength + experience +/- connecting it to the role

Template:

Kia ora, my name is _____

I am _____ years old and in my spare time, I really enjoy _____

In the future, I would like to work in _____ because I am interested in _____ and _____

My strongest qualities and skills are _____ and _____

I am interested in this role because _____

Prompts:

- What are you interested in?
- What do you do in your free time?
- What are you really proud of?
- What are some of your future goals?
- How many people are there in your whānau?
- Do you have any pets?

Think of things that will highlight your ability to work in teams, listen to others, communicate well and have some responsibility.

Examples:

“Kia ora, my name is Claire and I am 41 years old. I just competed in my first ever crossfit competition which taught me a lot about training hard and working towards my goals. I enjoy sport and exercise and think that my best quality is my willingness to give anything a try.”

“Kia ora, my name is Sian and I really love design, fashion and writing. I love the idea of working in retail because I enjoy speaking to people and clothes, and think that I have a great eye for style.”