

My Story, My Future

Interview Tips

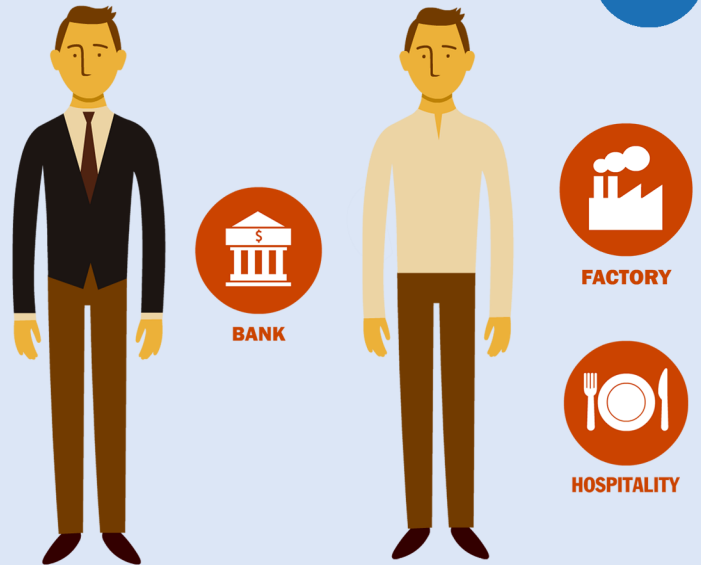
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Job Interviews can be intimidating.

Here you will find some tips to improve your chances of nailing your interview, including what to say about your criminal record.

2



Dress for Success.

Professional attire would be the best choice for a bank or office. Smart casual attire would be a better choice for work in a factory or a café.

3



Prepare an elevator pitch.

The interviewer may ask you about your criminal record, or you may choose to bring it up. Having a pitch prepared should help you feel confident to talk about your record.

4

What should be in my pitch?

The bulk of your speech should focus on positive changes you've made, things you've learned and accomplished. Such as the following



STUDY



VOLUNTEER



ACHIEVEMENTS



SHORT COURSES



PROGRAMS



EMPLOYMENT

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Use good body language.

When giving the speech, be sure to make good eye contact, sit up straight, and don't cross your arms.

Example of a good elevator pitch.

6

"Four years ago, I was charged with theft and I served 12 months for it. It's something I really regret doing and I've been working to take control of my life since then.

I enrolled in a training program for warehousing and got my certificate III. I was employed as the warehouse supervisor while in prison and was responsible for training and mentoring new offenders.

Since I was released, I have been attending a support group for ex-offenders. I've spent a lot of time trying to turn things around and I'd like to continue moving forward in this direction with your company."



7

Your next job interview.

Criminal records can make it more difficult to find a job, but now that you know the basics, you're better equipped to deal with the challenge ahead.

