

Preparing for your 1 hour conversation

in the 1 Hour Project



the student
job coach

**1 HOUR
PROJECT[©]**

Thank you for wanting to be part of the 1 Hour Project. Taking part is a step in increasing your network and the opportunities open to you.

The goal of your 1 hour conversation is to inspire, build confidence and be successful. Remember this is an opportunity for you to make a positive first impression and get a great overview and insights into a career you are interested in.



The goal

Benefit from insights and expertise.
Increase your confidence and build
your professional network.'

Tips to help you prepare for your call.



Making a great impression – Be prepared.

Being prepared for your 1 hour conversation and making a lasting impression is key.

When it comes to searching for a career, sometimes there's no such thing as second chances to make a great first impression. It only takes a few seconds for people to make an opinion – and often, it sticks.

People remember the way you make them feel. Bring positivity to the meeting.

 [Watch this video](#)



Research

Be yourself

One of the biggest pitfalls in making a great first impression is trying to be someone you are not. Putting your best foot forward and showing your strengths is the most important factor in making a great first impression, so The Student Job Coach has gathered up some quick tips to make sure that from now on, you'll knock the socks off every person you meet by being yourself.



Be trustworthy

Making a great impression depends a lot on how trustworthy you seem. Making a good impression matters, yes, even in a video call.



[Read more here](#)

Be genuinely interested in the other person. Come prepared with questions based on your research of the Industry, it indicates your interest.



[Watch this video](#)



Practice

Understand what you want to get out of your 1 Hour conversation

Like anything else, practice makes perfect. Remember, how you say it is just as important as what you say. If you don't practice, it's likely that you'll talk too fast, sound unnatural, or forget important elements of what you want to say.

Set a goal to practice before your call. The more you practice, the more natural you will become. You want it to sound like a smooth conversation, not a sales pitch.

If your call is a video call, make sure that you're aware of your body language as you talk, which conveys often more information to the listener than your words do. Practice in front of a mirror or, better yet, in front of your family or friends, until it feels natural.

Prep the technology

Final preparation note: ensure you have a quiet place to hold the conversation in private. Make sure you have a good signal so your conversation isn't interrupted.



The expectation

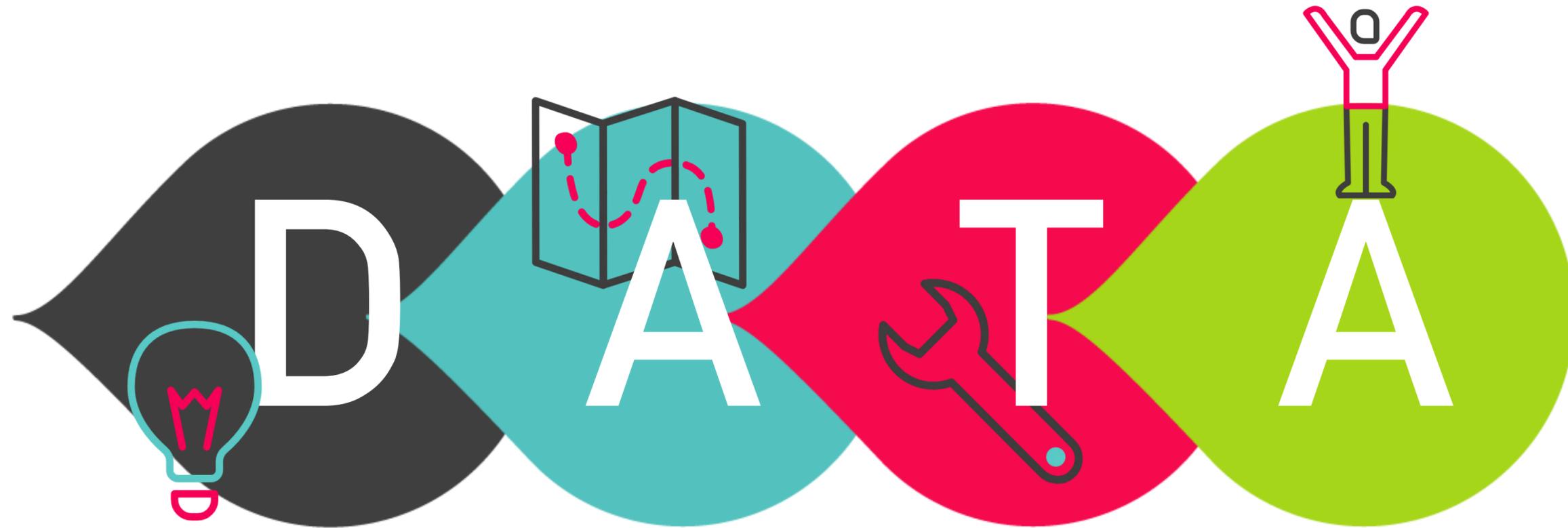
How do we make an impact in an hour?

Remember, this is an opportunity for you to make a positive impression, get a great overview and gather insights into a sector you are interested in, the best way to do this is by preparing for it.

We recommend spending at least 30 minutes planning for it based on our suggestions for preparation.



Prepare using the DATA[©] Model



DISCOVER

Discover what you can about their workplace and experiences. Make a positive impression whilst they discover who you are.

ADAPT

Consider what you need to adapt to put yourself in a better position to achieve your goals.

TAKE ACTION

What do you want to do based on the conversation?

ACHIEVE

What have you gained from this conversation?



Consider how you will introduce yourself, what impression do you want to make?

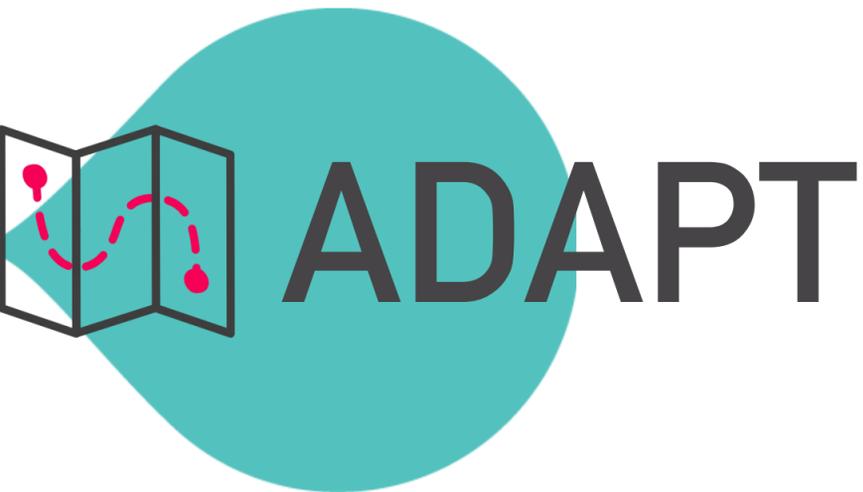
What have you enjoyed about the subject you have studied?

What can you discover about the industry sector/ work you are interested in? Example questions could include:

- How does your sector recruit graduates?
- What are the key experiences, skills and strengths that you admire in candidates?
- What are the big no no's?
- What experiences will stand me in good stead?

- How do I learn more about the organisation and sector?
- During the conversation, what would you like them to know about you?
- What are your experiences?
- Why do you think this career/field/sector might suit you?
- What are your strengths and how could these benefit an employer/ the work you are interested in?
- What are you proud of?

GUIDANCE



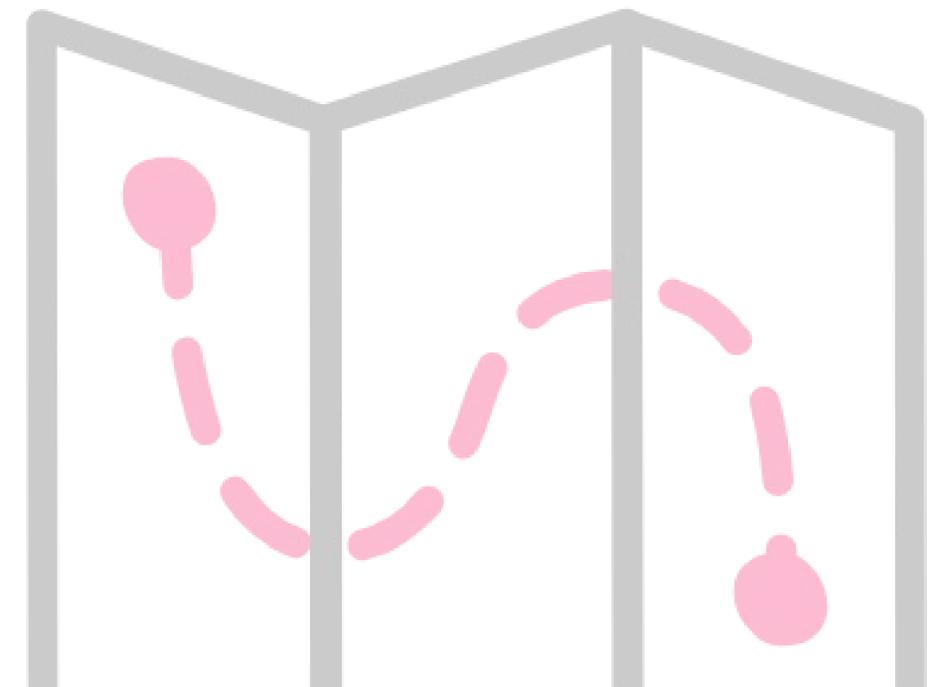
Now they know more about you, ask questions e.g.

From what you've heard, where might my gaps be?

What could put me in the best position to get into a graduate role in your sector?

What could I do to help me stand out?

Listen to their answers and show you've heard them by summarising the points you've heard them share.



TAKE ACTION

The professional you are speaking to can help you shape the actions you want to take:

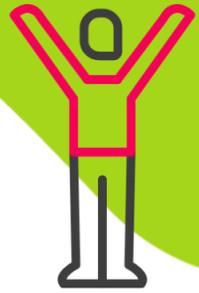
Specifically, what further information do you need?

Where will you go to find this information?

Be clear about the type of experience or training you need to put you in a good position, how are you going to access this?

What else do you need to do?





ACHIEVE

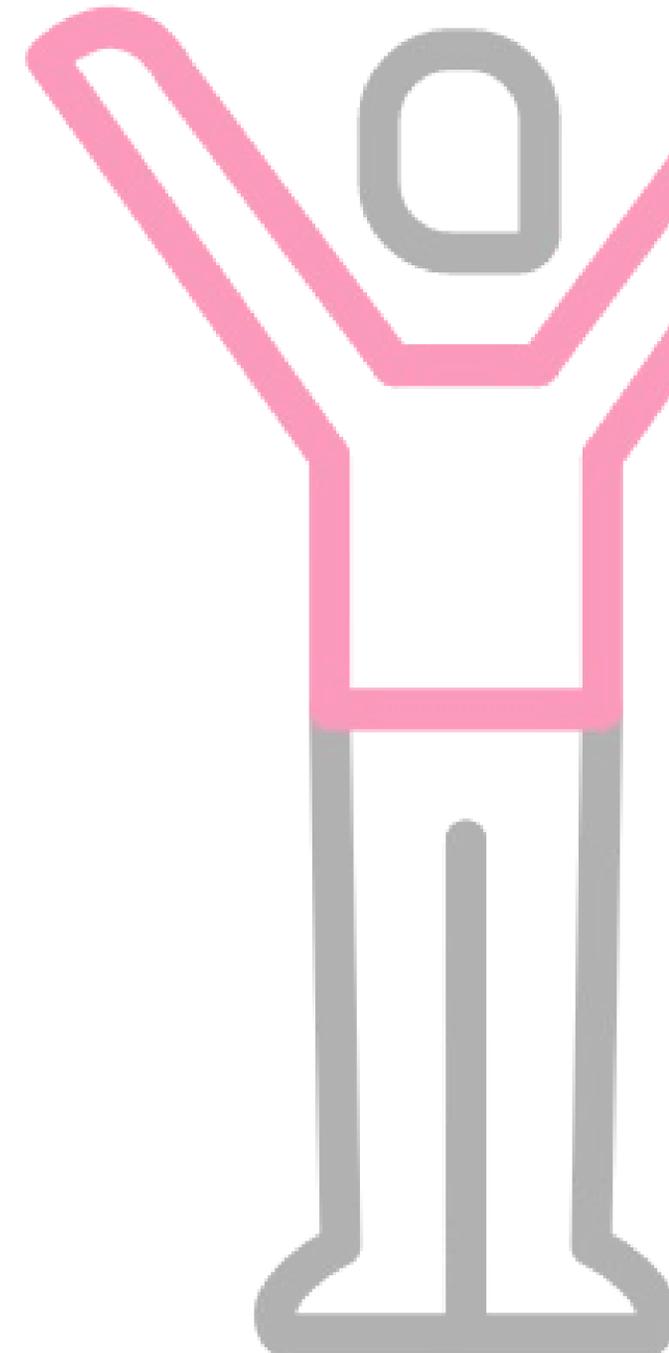
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What else do you need to do?



CLOSE

Thank the person you are speaking with (remember they have given their time to support you) and this will also leave them with a positive impression.

Try to briefly explain what you have achieved from the conversation e.g.

More knowledge

Any specific insights - something you didn't know before... 'I now know..'

Has this reinforced your interest in this sector/work or has it informed you that this isn't the right route for you?

Has it helped you identify specific next steps?



Once you are ready...

Please complete the following sentence:

“My name is...and I would like to get the following out of the 1 hour conversation....”

Simply send us your response in less than 100 words via [this form](#).

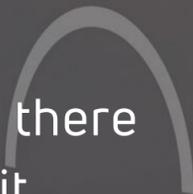


Your Feedback

Vouch for us

After you have completed your conversation, we will send you a link for your feedback to help the 1 Hour Project team improve. Please complete the evaluation form.

We'd particularly love to hear if you think there is anyone else you know that could benefit from this project. And also please let us know what further help you might be able to give in the future.



THANK YOU