

Activity: recording yourself

This activity will help you understand how you speak and identify the parts that you need to work on.

Film or record yourself, on your phone or computer. You can use the script below or make up your own.

Example

Why have you applied for the shop assistant role?

'I have applied for the shop assistant role as I enjoy working directly with customers. I enjoy helping them and talking with them. I also want to improve my financial skills using the tills and perhaps my management skills in the future. I have had some experience working in a local village shop but want to work in a larger company that has a career path.'

Use the space below to write down what you think you could work on in the future and what you think you were good at.

Think about the following:

- Were you loud enough?
- Did you feel, or sound, rushed or nervous?
- Were you clear?
- Were you sitting up and engaged?
- Did you use gestures?
- Did you sound enthusiastic?
- How do you think your tone of voice was?
- Were you thinking about eye contact?

What was I good at?	What do I need to work on?

Think about where you can improve and talk this through with your mentor.