

Speed Interview skills to sell yourself in a moment

What employers want to know fast

Show this early to stand out

- Will you turn up every day?
- Will you work hard and listen?
- Will you be safe on site?



1 Make a strong first impression

These actions say, "I'm reliable and ready"

- Stand tall and look alert
- Smile and say, "**Hello,**" first
- Look them in the eye for a second
- Speak clearly and keep it short
- Be positive and respectful



2 Your 10-second Introduction

This shows confidence, training, experience, good attitude

- "Hi, I'm _____. I've done pre-trades in _____. I'm keen to work hard, learn fast, and be useful on site"

3 Show you are reliable

Use a real example

- "I never missed a day of my course"
- "I always arrive early"
- "My tutor says I'm someone they can count on"
- "I helped my last team finish jobs on time"



4 Show You Understand the Job

This tells them you won't be a problem

- "Safety comes first."
- "I'm happy doing the hard jobs."
- "I listen and follow instructions."
- "I work well with others."



5 Ask One Smart Question

It shows interest and responsibility

- "What's most important for new workers here?"
- "What time do you start on site?"
- "What gear should I bring on day one?"

6 Close Strong

Be short, clear, respectful

- "Thanks for your time. I'm keen to get started and I'll work hard for you."

Avoid

- Long stories
- Complaints
- Swearing
- Looking bored
- Making excuses
- Saying "I just need a job"



To help you feel natural and confident, practice your 6 lines