



SORTA HEALTHY'S INTERVIEW CHEAT SHEET

Don't forget to bring printed copies of your resume (bring at least 2!)

Show up early, but not too early.

Be confident in your past experience and be open to learning.

Know what the job you're applying for entails. Is it mostly 50-year old moms? 20-year old athletes? Be clear on the average population of the location and the average population you want to work with. Do your research!



WORK



SKILLS

Be confident in and able to explain (and possibly show) your skills in a practice session or example. Include any relevant certifications or training in your interview conversation.

Be clear on your nutrition philosophy and confidence in coaching others on nutrition.

Be able to share how you have coached someone or improved someone's life through your experience as a trainer thus far.



INTERESTS

Be able to answer what your 1 and 5 year goals are. Don't make things up but also don't make the potential employer think you're going to leave in 3 months.

If you're really interested in a specific domain of training, or want to be a manager one day, share that.

Think about what your style of training is and be able to explain it. Are you a "stick to the basics" type person? Are you really focused on corrective exercise? Do you have some favorite exercises or training methods?

Be enthusiastic about the position and why you enjoy being a trainer or want to be a trainer. Lack of enthusiasm or interest SHOWS.
