**Worksheet**

**Interview Evaluation**

While some of us breeze through interviews, for others, they are really stressful. And more so when you are trying to make a good first impression to land your first job as a personal trainer.

If that’s indeed the case, there is much you can learn from an interview that can help you prepare better for the next. And that’s even if you go the job. In fact, employment experts recommend that you evaluate each interview that you attend as a way to refine and hone your interview skills, even if you think you nailed it.

But that’s not the only reason. By evaluating the interview, you can also determine if the position you are applying for is the perfect fit or not and whether the company is one that you want to work for.

It’s for that reason that I’ve made this interview evaluation worksheet. In it, you will find the questions you would have seen in the guide. What this worksheet does is allow you to really think about your interview and to analyze it by answer the questions as openly and honestly as possible.

Take it seriously and you will learn plenty of useful information that will help you make sure your next interview and those in the future are something to look forward too and not to fear.

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| **Questions** |

**Question 1**

Did you feel that you connected with the person interviewing you?

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**Question 2**

If not, what could you have done differently to establish a connection

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**Question 3**

What are your thoughts on the interviewer?

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**Question 4**

What are your thoughts on the gym?

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**Question 5**

Do you see yourself working there?

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**Question 6**

What are your impressions of the staff? Do you see yourself as part of the team?

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**Question 7**

Did the gym come across as professionally run?

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**Question 8**

Did the gym have all the necessary equipment to effectively train clients?

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**Question 9**

Did the clientele you saw during your time at the gym reflect the kind of people you want to help?

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**Question 10**

If you met the head personal trainer, do you think you could work easily with them?

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**Question 11**

Is there scope for personal development?

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**Question 12**

Is this the gym for you?

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**Question 13**

How can you make the next interview even better and what would you change from your point of view?

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