

# WHAT ARE YOUR HOBBIES AND INTERESTS?



# THIS IS WHAT I WILL COVER

- ✓ **The reasons WHY hiring managers and employers ask this interview question.**
- ✓ 3 things you **MUST** include in your answer.
- ✓ **One example of a WRONG answer.**
- ✓ **A BRILLIANT SAMPLE ANSWER!**

# The reasons **WHY** hiring managers and employers ask this interview question.

**It gives them an indication of your personality type;**

It tells them whether or not you are someone who uses their free time wisely;

**It can be an indicator as to the levels of energy you will have whilst you are at work!**

# **3 things you MUST include in your answer.**

**#1 – Interests that show you like to IMPROVE and DEVELOP.**

**#2 - Some form of PHYSICAL ACTIVITY or team sports.**

**#3 – A way you like to RELAX and RECUPERATE.**

## One example of a **WRONG** answer!

**“I like to go out with my friends socializing at weekends because it helps me to unwind after a hard week at work.**

We sometimes go out for drinks on Friday and Saturday evenings, maybe hit a club, and then I'll spend the Sunday in bed recuperating so I'm ready for work again on Monday!”



## **A BRILLIANT SAMPLE ANSWER**

**“I’m quite active in my spare time and I like to feel I am developing personally and professionally. I enjoy keeping fit and I visit the gym three times a week.**

**Whilst I am not fitness obsessed, keeping fit helps me to maintain a positive mindset and it helps my concentration levels whilst at work. I enjoy reading, and I usually have a good book on the go. This helps improve my dictation and vocabulary and it also helps me to relax.**

**Finally, I enjoy spending time with my family as again, this helps me to relax, and it’s important I give them some of my spare time as they always support me in my work, and they encourage me with my career aspirations and goals.”**