

LAUNCH PATH — SESSION 3

Mock Interview & Final Prep

90 Minutes to Master Your Interview Performance

"This isn't a test—it's practice. Every stumble here saves you from stumbling when it counts."

The Launch Path: 21-Day Blueprint

Your complete roadmap from resume to offer

SESSION 1 • Days 4–5 ✓

Deep Resume Transformation

- ✓ 8 proven methods
- ✓ Impact bullet formula
- ✓ ATS optimization
- ✓ 4-minute tailoring

SESSION 2 • Days 10–11 ✓

Interview Strategy & Story Mastery

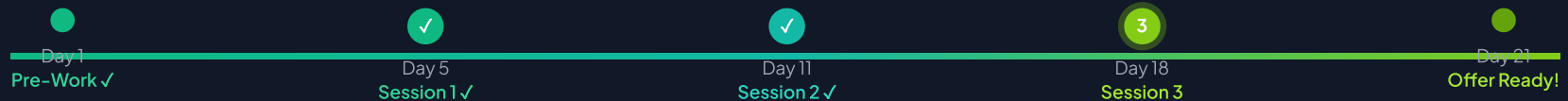
- ✓ Master Story Vault
- ✓ High-Impact Story Framework
- ✓ Power Pause technique
- ✓ Interview Cheat Sheet

YOU ARE HERE

SESSION 3 • Days 17–18

Mock Interview & Final Prep

- Live mock interview
- Real-time feedback
- Mental resilience
- Negotiation basics



Quick Recap: Session 2

The story-building foundation you've mastered



Master Story Vault™

Brain dump first, structure second. Your stories live in a vault.



Paint the Pain™

The bigger the monster, the bigger the hero.



Power Pause™

"Let me think of the best example..." — Silence is power.



3-Tier Impact Ladder™

Push beyond "I solved it" to "I trained the team."

Today: We put it all into practice.

Today's Agenda

90 minutes to interview mastery

0–10 min

Segment 1

Pre-Interview Briefing — Mindset & persona

10–75 min

Segment 2

Full Mock Interview — 65 minutes of real interview practice

75–90 min

Segment 3

Debrief & Feedback — What worked, what to refine, next steps

Note: Mental resilience, negotiation basics, and homework are covered in your post-session materials and touched on during debrief.

SEGMENT 1

Mindset Reset

"This isn't a test—it's practice."

Every stumble here saves you from stumbling when it counts. This is your safe space to make mistakes, get feedback, and grow.

Today's Mindset:

- ✓ This is a **safe space** to make mistakes
- ✓ Feedback is a **gift**, not criticism
- ✓ Discomfort means **growth**
- ✓ You're **more prepared** than you think

Your Interview Persona

The best version of you in an interview



Calm & Confident

You've prepared. Trust your preparation. Speak with conviction, not arrogance.



Curious & Engaged

Show genuine interest. Ask thoughtful questions. Listen actively and respond thoughtfully.



Clear & Concise

Answer directly. Use structure (STAR). Don't ramble—make every word count.



Professional & Personable

Balance warmth with professionalism. Be authentically you—that's your superpower.

Pre-Interview Checklist

Your 15-minute prep routine before every interview

Technical Setup

- ☒ Camera at eye level
- ☒ Good lighting on face (window in front, not behind)
- ☒ Clean, professional background
- ☒ Audio tested, headphones ready

Mental Prep

- ☒ Top 5 stories refreshed in mind
- ☒ 3-5 questions for interviewer ready
- ☒ Water nearby, phone silenced
- ☒ Cheat sheet & resume accessible (not visible)





The 3-Breath Reset

Before joining: Take 3 slow, deep breaths. This activates your parasympathetic nervous system and calms interview nerves.

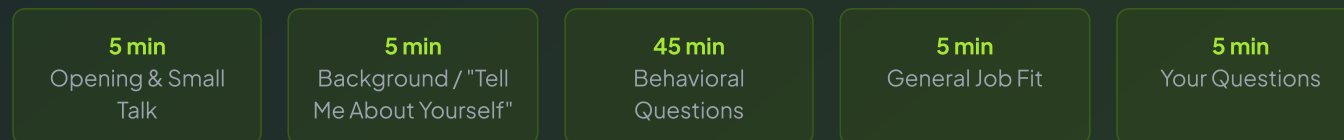
SEGMENT 2

Mock Interview Setup

Ground Rules:

-  Treat this like a **real interview**
-  No phones, minimize distractions
-  ~65 minutes of focused practice
-  I may pause to coach in real-time

Interview Flow:



What Interviewers Are Evaluating

7 Core Competencies for Engineering Behavioral Interviews



Leadership & Initiative

Taking ownership, stepping up



Problem-Solving

Analytical thinking, debugging



Teamwork

Collaboration, supporting others



Communication

Explaining, persuading



Adaptability

Handling change, learning quickly



Self-Awareness

Failures, growth mindset



Drive & Motivation

Passion, career goals

What Strong Answers Demonstrate

- ✓ Specific situations with clear context
- ✓ Your personal actions and decisions
- ✓ Measurable results and impact
- ✓ Lessons learned and growth
- ✓ Honest self-reflection (especially on failures)
- ✓ Connection to the role you're pursuing



Interview Begins

Game time. You've got this.

Remember: Breathe → Pause → Think → Speak

[Live mock interview begins]

Your Turn: Questions for Them

Strong candidates interview the company too

✓ High-Impact Questions

- "What does success look like in the first 90 days?"
- "What's the biggest challenge the team is facing right now?"
- "How would you describe the team culture?"
- "What do you enjoy most about working here?"

✗ Avoid These

- ✗ "What does your company do?" (You should know)
- ✗ "How much does this pay?" (Wait for offer)
- ✗ "How soon can I take vacation?" (Comes across poorly)
- ✗ "Did I get the job?" (Too eager)

Pro Tip: Have 5+ questions ready. Some will be answered during the interview.

SEGMENT 3

Debrief Time

"The goal isn't perfection—it's awareness."

Once you see it, you can fix it. Let's break down what just happened.



What Worked

Celebrate your wins



Growth Areas

Identify opportunities



Action Items

Specific next steps

What Went Well

Your strengths are your foundation—build on them

Reflection Questions:

1. What felt **natural and confident**?
2. Which answers were you **proud of**?
3. What feedback did your **body language** give?
4. Where did you use **structure effectively**?

Remember: These strengths are your foundation. Lean into them during real interviews.

Growth Areas

Honest reflection leads to rapid improvement

⚠ Common Patterns

- Speaking too fast when nervous
- Answers too long or rambling
- Not enough specific examples
- Filler words ("um", "like", "you know")
- Not pausing to think before answering

🔧 Quick Fixes

- **Slow down:** Pause between sentences
- **Use STAR:** Keep answers under 2 minutes
- **Add specifics:** Names, numbers, tools
- **Replace fillers:** With silence (it's powerful)
- **Power Pause:** "Great question, let me think..."

SEGMENT 4

Reframing Rejection

"Rejection isn't failure—it's redirection."

✗ Unhelpful Thoughts

"I'm not good enough"

"I'll never find a job"

"They didn't like me"

"I should give up"

✓ Empowering Reframes

"That wasn't the right fit—and that's okay"

"Each interview is practice for THE one"

"I'm learning what works and what doesn't"

"My perfect role is still out there"

The Reality: Even top candidates get rejected frequently. Many rejections have nothing to do with you. **You only need ONE yes.**

Preventing Job Search Burnout

Protect your energy for the marathon, not just the sprint

⚠ Warning Signs

- Dreading opening job boards
- Doom-scrolling LinkedIn endlessly
- Comparing yourself to others constantly
- Losing motivation to apply
- Feeling exhausted despite not "doing much"

🛡 Prevention Strategies

- **Set limits:** 2 hours/day max on job search
- **Schedule breaks:** No job search on Sundays
- **Celebrate progress:** Not just outcomes
- **Stay connected:** Friends, family, support
- **Move your body:** Exercise clears mental fog

Hard Stop Rule: No job search after 6pm. Protect your evenings for rest and recharge.

SEGMENT 5

Negotiation Basics

"You don't get what you deserve. You get what you negotiate."

Key Principles:

1. Negotiation is **expected**—companies budget for it
2. Wait until you have an **offer in writing**
3. Always negotiate **respectfully and professionally**
4. Know your **worth** and your **walk-away number**

Detailed negotiation tactics are covered in your post-session materials.

Negotiation Strategies

When the offer comes, be ready

1

Express Enthusiasm First

"I'm really excited about this opportunity. I'd love to discuss the compensation package."

2

Ask, Don't Demand

"Is there flexibility in the base salary?" works better than stating a hard number first.

3

Consider the Full Package

Bonus, equity, PTO, flexibility, signing bonus, start date—it's not just base salary.

4

Get It in Writing

Always get the final offer documented before accepting. Verbal agreements aren't binding.

Your Next Steps

Keep the momentum going (Days 18–21)

Immediate Actions

- ☐ Refine answers based on today's feedback
- ☐ Practice your "Tell me about yourself" 5×
- ☐ Record yourself answering 2 behavioral questions
- ☐ Continue applying (target: 50 total by Day 21)

Review Materials

- ☐ Post-Session 3 resources (coming via email)
- ☐ Negotiation tactics deep-dive
- ☐ Offer evaluation framework
- ☐ First 90 days success guide

Post-Session 3 Resources Coming Your Way

Negotiation Scripts • Offer Evaluation • First 90 Days Guide • and more

Key Takeaways



Practice = Preparedness

Mock interviews remove the mystery. You've now felt real interview pressure.



Rejection = Redirection

Every "no" gets you closer to the right "yes." You only need one.



Protect Your Energy

Set limits. Take breaks. This is a marathon, not a sprint.



Negotiate with Confidence

When the offer comes, you're ready. Know your worth.

You're Ready.

You've built your resume. You've mastered your stories. You've practiced under pressure.

Now go land that role. I'm rooting for you!