



The Hunger Games: How to Interview Well

Positive Interview Planning Workbook

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"If not now, when?"

Introduction

This workbook is designed as a 'reality' check to record your strengths and wins. This allows you to read things through when the voice of self-doubt creeps in – and can help you feel confident and plan your answers to interview questions.

I have added in space for reflection as well. Often, we reflect on our clinical skills – but this is often focussed on error correction. In contrast the reflections here have been deliberately designed through a positive lens and focus on building on strengths, developing an optimistic thinking style, growth mindset and boosting confidence.

This document is interactive so you can expand all the boxes with as much text as you need. I have added in plenty of empty boxes for you to adapt in your own way – add your own reflections on your personal growth.

Please note: This workbook is not a standalone document and is designed to be used in conjunction with the presentation "The Hunger Games: How to Interview Well". Whilst the workbook can be used by individuals as a reflective tool, it will be of most benefit when used in conjunction with coaching. Please contact me for more information about coaching and how it can help you.

Wishing you all the very best for your future endeavours.

Jocelyn

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Achievements

| | My reality | What am I most proud of? | What are my key learnings? |
|----------------|------------|--------------------------|----------------------------|
| Degrees | | | |
| Fellowships | | | |
| Certificates | | | |
| Awards | | | |
| Accreditations | | | |
| Anything else | | | |

Further reflections

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Work experience

| Year | Role | Greatest Achievement | What was most satisfying? | Biggest challenge |
|------|------|----------------------|---------------------------|-------------------|
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Further reflections

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Personal characteristics

1. Strengths – complete the free validated questionnaire at [VIA Strengths](#) then fill in the table and reflective questions below

| My top 5 strengths | | What does this mean to me? | When have I shown it at work? |
|--------------------|--|----------------------------|-------------------------------|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |

| Further reflections | |
|---------------------|--|
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2. Values

Think about 5 things that are important to you and think about how they are relevant to your work overall and this role in particular. You may use the worksheet on the next page to as a prompt for thinking about this.

| My top 5 values | | How is this relevant to my work as a doctor? | How is this relevant to this role? |
|-----------------|--|--|------------------------------------|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |

Further reflections

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Values Identification Exercise

INSTRUCTIONS

- Your values are what is important to you in life. They represent the type of person you really want to be and there is no right or wrong value. Knowing your values helps you understand what drives you – what you enjoy, inspires you and would like more of. By building a life and lifestyle around our values we create a life that is more satisfying and meaningful.
- Categorise the values in the following list as 1 = *very important*, 2 = *somewhat important* or 3 = *not so important*. See if you can narrow the values that are very important to about six – and write them down so you can refer to them often.
- Values change over time, and deepen as you understand yourself better – they are always moving. Your values can also be situational - so what is true for you at work may not be true for you at home.
- The values "List" below is ONLY to give you some ideas of example or sample values. Feel free to add other values to the list below that represent the type of person you really want to be.

| | | | |
|--------------------|--------------------|---------------------|-------------------|
| 1. Accomplishment | 26. Ease | 51. Independence | 76. Service |
| 2. Accuracy | 27. Effortlessness | 52. Innovation | 77. Simplicity |
| 3. Acknowledgement | 28. Empowerment | 53. Integrity | 78. Spirituality |
| 4. Adventure | 29. Enthusiasm | 54. Intuition | 79. Spontaneity |
| 5. Authenticity | 30. Environment | 55. Joy | 80. Strength |
| 6. Balance | 31. Excellence | 56. Kindness | 81. Tact |
| 7. Beauty | 32. Fairness | 57. Learning | 82. Thankfulness |
| 8. Boldness | 33. Flexibility | 58. Listening | 83. Tolerance |
| 9. Calm | 34. Focus | 59. Love | 84. Tradition |
| 10. Challenge | 35. Forgiveness | 60. Loyalty | 85. Trust |
| 11. Collaboration | 36. Freedom | 61. Optimism | 86. Understanding |
| 12. Community | 37. Friendship | 62. Orderliness | 87. Unity |
| 13. Compassion | 38. Fun | 63. Participation | 88. Vitality |
| 14. Comradeship | 39. Generosity | 64. Partnership | 89. Wisdom |
| 15. Confidence | 40. Gentleness | 65. Passion | 90. _____ |
| 16. Connectedness | 41. Groundedness | 66. Patience | 91. _____ |
| 17. Contentment | 42. Growth | 67. Peace | 92. _____ |
| 18. Contribution | 43. Happiness | 68. Presence | 93. _____ |
| 19. Cooperation | 44. Harmony | 69. Productivity | 94. _____ |
| 20. Courage | 45. Health | 70. Recognition | 95. _____ |
| 21. Creativity | 46. Helpfulness | 71. Respect | 96. _____ |
| 22. Curiosity | 47. Honesty | 72. Resourcefulness | 97. _____ |
| 23. Determination | 48. Honour | 73. Romance | 98. _____ |
| 24. Directness | 49. Humour | 74. Safety | 99. _____ |
| 25. Discovery | 50. Idealism | 75. Self-Esteem | 100. _____ |

3. Developing an appreciation of your strengths and values: What went well in the past week (or month)

List at least 5 things that went well in the past – and then fill in the reflective questions

| Things that went well | | How did I feel? | What positive thing does this say about me? Eg good things sometimes happen to me, I'm good at what I do, I'm a kind person etc |
|-----------------------|--|-----------------|---|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |

Further reflections

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4. And now for the coming week...Make a note of good things that happen as you go

| Things that went well | | How did I feel? | What positive thing does this say about me? Eg good things sometimes happen to me, I'm good at what I do, I'm a kind person etc |
|-----------------------|--|-----------------|---|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |

Further reflections

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5. Developing an optimistic thinking style and growth mindset: Looking at things that could have gone better

| What could have gone better? | What was my role in this (from 1-10) 1= wrong place, wrong time – 10=complete responsibility) | How often does this happen (from 1-10) 1 = a once off unusual event, 10 = happens EVERY time -no examples of exceptions | What have I learned for next time? |
|------------------------------|--|--|------------------------------------|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |

Further reflections

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6. Coping in a crisis

| Recent crisis at home or at work | | How well did you cope (0-10) | What did you do (the good, bad, ugly) | What have you learned for next time |
|----------------------------------|--|------------------------------|---------------------------------------|-------------------------------------|
| #1 | | | | |
| #2 | | | | |
| #3 | | | | |

Further reflections

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7. Reflective questions

| | Questions | Reflections |
|---------------------------|--|-------------|
| Self-discovery | Who am I? Who do I want to become? | |
| Choice | What attitude will I take to this situation? Myself? My work? The past? | |
| Uniqueness | What can I do that nobody else can do in this role? What have I got to give? | |
| Responsibility | What is life calling on you to do? What does your conscience say? What am I actually responsible for here? | |
| Self-transcendence | Can you orient yourself to other people? A cause? | |

Further reflections

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Helpful resources

- [10 great physician interview tips \(Staff Care\)](#)
- [10 interview tips from 6 consultants \(onthewards.org\)](#)
- [Behavioural interview questions for physicians \(Comphealth\)](#)
- [How doctors shoot themselves in the foot \(Medscape\)](#)
- [How to ace the job interview process \(Today's Hospitalist\)](#)
- [Interviewing 101 \(AAFP\)](#)
- [Interview skills to stand out from the crowd \(Avant\)](#)
- [Interviewing skills for job seeking physicians \(NEJM\)](#)
- [Job interview do's and don'ts \(Today's Hospitalist\)](#)
- [Medical interview hacks \(GP Options\)](#)
- [Physician interview Q & A \(Comphealth\)](#)
- [Preparing for the interview \(NSWRDN\)](#)
- [Tips for the first interview \(American College of Physicians\)](#)
- [The right answers to the wrong questions \(AMANSW\)](#)

| Other resources | |
|-----------------|--|
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