

**TOOL
#3**

SURVIVING JOB INTERVIEWS

ASSESSMENT CONTRACT

Deciding what can and can't be assessed in an interview (and in your own head) can help protect you from assessments of suitability for a role, becoming global judgements of self-worth.

The following lists are just suggestions; you can add other criteria and/or cross out the ones that don't apply.

I _____ (name), give my interviewers permission to assess if I have:

- Sufficient previous experience
- Appropriate communication skills
- Professional presentation
-
-
- Necessary qualifications
- The right skill mix
-
-
-

But they, nor anyone else (including myself) have the right or my permission to make judgements about whether I am:

- A good person
- Good enough
- Destined for success or failure
-
-
- Worthy of love and respect
- Attractive enough
-
-
-

Signed _____

Date _____

NOTE: This contract is just for you, not to be given to interviewers!