

Mental Toughness Training For Interviews™

Handle Stressful Interviews, Sell Yourself Better And Get The Job You Really Want

Do you possess the mental toughness required to succeed in today's rough and tumble interviewing game? Can you persuasively sell yourself? Handle a stress interview? This program teaches advanced mental tools to enhance your confidence and help prevent interview anxiety, self-sabotage, choking and other under-performance syndromes. Winners of the interview game have that special edge in feeling their most confident and in giving the best interview performance possible.

Mental toughness expert and *Interview Success Guide* book author Bill Cole, MS, MA has combined his thought-leading championship thinking technology with the latest approaches to mastering the interview process. You will learn many of the mental training approaches Bill uses with his Olympic, professional and world-championship athletes and executives from his coaching practice.

Mental Toughness Training for Interviews™ provides critical, practical answers to the common problems that all interviewees face. It uncovers inside secrets and creates a prescribed, proven pathway and process for interview confidence to flourish.

Each attendee will have an opportunity to practice positive psychology methods, cognitive-behavioral psychology strategies, mindfulness techniques and mental training techniques that will help them manage their internal processes, gain more self-control and increase confidence in the interview situation.

This mental toughness program teaches interview psychology and the actual techniques that successful interviewees use to land jobs. This program can be customized to include specialized content for medical school and dental school, business school and law school and law firms. Here are the benefits attendees receive from this unique program:

- **How to convincingly sell yourself, without bragging or appearing to be self-serving.**
- **Understand the psychology of the stress interview, and how you can be mentally tough, stay calm, focused and in the moment when facing even the toughest interviewer.**
- **Ways to control the pace and tone of the interview, and to feel more in control of yourself.**
- **How to handle tricky, unusual, personal and illegal questions and complicated behavioral interview questions.**
- **A precise, proprietary formula for closing the interview on a positive, confident note.**

Available as a breakfast, luncheon or dinner keynote speech, or as a half-day or full day interactive workshop, **Mental Toughness Training For Interviews™** is always customized for your group's needs. Organizations can use this program in back-to-school orientations, internship kickoffs, graduation send-offs, brownbags, breakouts, retreats and more.

Your interview mental toughness coach is **Bill Cole, MS, MA** - Bill is a worldwide expert in peak performance. He has been a professional coach for over 30 years, in corporate America, big-time college athletics and major-league pro sports. He's published multiple books and audiobooks, with over 400 published articles worldwide to his credit.

Ask about these other winning programs: **Mental Toughness for Business, The Mental Game of Customer Service, Winning the Mental Game of Team Building, Coaching for Communication Excellence, The Mental Game of Speaking, Winning the Mental Game of Life, The Mental Game of Selling, Influencing Skills For Leaders, Stop Stress And Banish Burnout For Sustainable Self-Renewal and Winning the Mental Game of Golf.**

To book this program, or for more information, please contact us today.

William B. Cole Consultants

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