

For your team

VIDEO 5 · AI SKILLS SERIES

Using AI to Prepare for a Job *Interview*

AI can provide high-quality interview coaching — and it's available at 11pm the night before, if that's when you have time. Learn to use a practical framework for AI-assisted interview prep.

FORMAT*Team discussion***WATCH**

Video 5

SERIES

AI Script Discussion Guides

BEFORE YOU START

Meeting overview

OVERVIEW

AI can provide high-quality interview coaching — and it's available at 11pm the night before, if that's when you have time. Learn to use a practical framework for AI-assisted interview prep.

GOAL OF THIS MEETING

Practice the four-step AI interview prep process: research the role, sharpen your answers, practice out loud, and prepare strong questions.

Agenda

3 PARTS

01 Icebreaker**02 Discussion questions****03 AI skill tip**

OPEN THE DISCUSSION

Warm *up*.

01 Icebreaker

Invite everyone in the group to share. Keep answers to one or two minutes per person.

Think about a job interview you've had — strong or not. What's one thing you wish you'd done differently to prepare?

GO DEEPER

The *discussion.*

02 Questions for discussion

Move through the questions at the pace that suits your group. You don't need to cover every one — pick the prompts that resonate and let the conversation breathe.

- 01 Has anyone used AI for interview prep? What step did you use it for — research, answer sharpening, practice, or questions — and how was it helpful?
- 02 One of the most important moments in any interview is the answer to "tell me about yourself." It sets the tone for everything that follows, and most people wing it. How could you use AI to draft, stress-test, and practice it until it sounds natural and lands the way you want it to?
- 03 Step 3 — practicing your answers out loud — is the most important step. It's also the part most people skip. Who here actually rehearses out loud and seeks feedback before big conversations — either with a friend or with AI? What's your method?
- 04 Someone share a role or opportunity they're thinking about. As a group, test out the 4 AI interview preparation steps. Based on the output, what else would you add to refine the prompt?

TRY THIS

AI skill *tip*.

03 AI skill tip

AI Skill: Interview Prep in Four Steps Step 1, Research: Paste the job description. Ask: "What are the top 5 skills this role requires? What does the company value based on how they wrote this?" Step 2, Translate and sharpen: Share your background. Ask: "Where does my experience map to this role? Help me draft a strong tell me about yourself answer that leads with the most relevant experience and sounds natural, not scripted." Step 3, Practice: Ask AI to act as a hiring manager and interview you. Use voice mode if you can. Ask for specific feedback: "Where did I sound uncertain? Where should I add an example?"