

Top Tips!
Interview strategies
for neurodivergent
job seekers



HASSON ASSOCIATES

Know Your Strengths

Understand your **unique skills** and **strengths** and **be prepared to discuss them** confidently during the interview.

Research and Prepare

Spend time **researching** the **company** and the **role** you're applying for. This will **help you anticipate questions** and feel **more comfortable** during the interview.

Practice, Practice, Practice

Practice common interview questions with your recruiter, friend, family member, carer or counsellor. This can help you **feel more confident and prepared** on the day of the interview.

Communicate Your Needs

If you require **reasonable adjustments** during the interview process, **don't hesitate to communicate them to the interviewer beforehand**. This might include requesting a **quiet room, extra time for responses, or written communication instead of verbal**.

Focus on Your Accomplishments

Highlight your **achievements** and **experiences** that **demonstrate** your **abilities**.

Be Honest

If you feel comfortable, **disclose your neurodivergence to the interviewer**. This can help them understand any potential differences in communication or behaviour.

Ask Questions

Prepare a list of questions to ask the interviewer about the company culture, team dynamics, or the specific role. This shows your interest and engagement in the opportunity.

Stay Calm

Remember to take **deep breaths and stay calm during the interview**. If you feel overwhelmed, it's **okay to take a moment to collect your thoughts** before responding to a question.

Follow Up

Send a **thank-you email** to the interviewer after the interview to **express your appreciation for the opportunity** and reiterate your interest in the position.

Remember...

We are here to help!

Don't hesitate to **seek support** throughout the interview process. Having a support system can help **boost your confidence** and **provide valuable feedback!**

Good Luck!

