Obtain a copy of the job description and person specification for the NHS role you are being interviewed for, and write down the key skills, qualities, and attributes needed to perform the role competently. Predict the interview questions from the notes you have taken.

Spend some time researching the role you are being interviewed for, the NHS values, the NHS Trust's values, and also the mission, aims, and objectives of the NHS Trust you are applying to join.

Now it's time to compile a list of the three different types of interview questions you need to prepare for: these include MOTIVATIONAL, BEHAVIOURAL, and RESEARCH-BASED interview questions.

Learn, understand, and apply the STAR technique in your answers to the behavioural or situational-type interview questions. Learning this technique will ensure you provide evidence-based answers to the NHS interview questions.

Now the real fun begins! In preparation for your NHS interview, think of the answers you are going to give during your interview based around the 3 types of possible interview questions: Motivational, Behavioural and Research-based.

Before you attend your NHS interview, develop a positive mindset and have the belief in your abilities. Confidence comes from self-belief and in-depth preparation. Those people who say their interview was easy, have simply prepared better than all the other candidates!

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