

Behavioral rehearsal



It all started as a result of what I have been hearing from peers, teachers, parents and friends. The stories of how people perform during interviews really inspired me to get into the necessary preparation and psychological mode that would enable me handle interviews especially in cases where am not familiar with the subject being interviewed. I had rehearsed and mastered on ways to lead a conversation. The case at hand was an interview I attended, the company was hiring people to work in the restaurant but I had no necessary qualification to get the job.

During the interview, I was asked what I knew about the company and this ultimately led me to unleash what I had mastered. I was aware of other departments in the company that I could customize my argument to be able to secure the job. I engaged the panel of interviews in reviewing some of the products that the company has produced and I was able to illustrate my desire to be part of the team involved in the department. I shared my potential input in realizing the company goals.

I was introduced to the department I was to work, I was in the head office for two weeks and after that, with recommendation from one of the branch managers, I got my posting into the working station. I worked as a sales person for two months and there after I was promoted to the position of sales supervisor where I was in charge of 30 junior sales staff.

I would always be optimistic of the results that role playing or behavioral rehearsal can yield. The process is able to prepare to go for what you want since you consciously become aware of what you need to get where you

want to be. With behavioral rehearsal, an individual is able to attain extraordinary results during a communication process.