


Confidence Boost Checklist

Before your next interview, run through this checklist to make sure you feel prepared, positive, and confident.

- ☐ I have researched the organisation and understand the role.
- ☐ I can explain my phlebotomy training and where I studied.
- ☐ I have 2–3 clear examples of when I showed good communication or patient care.
- ☐ I've practised answering common interview questions aloud.
- ☐ I've chosen smart, professional clothing for the interview.
- ☐ I will arrive at least 10 minutes early (or log in early if online).
- ☐ I have printed a copy of my CV and certificate/s (if required).
- ☐ I've prepared a few questions to ask the interviewer.
- ☐ I've reminded myself to smile, breathe, and take my time.
- ☐ I believe in my skills and what I can offer as a phlebotomist.

 **Tip:** Confidence comes from preparation. The more you practise, the more comfortable and natural you'll feel.