



The Interview, Aced

*Walk in ready, calm and
convincing on the big day.*

10 prompts to decode the job, match your profile, predict the questions, rehearse in a live mock and win the room, with AI, even if you have never sat an interview before.

Free for the SYSTINFO community



GOOD TO KNOW

AI drills you, you stay yourself.

In 2026, prepping for an interview no longer takes twenty hours but two or three. Paste the job posting into an assistant (ChatGPT, Gemini, Le Chat) and it predicts most questions, drills you on your examples and plays the recruiter so you can rehearse. A February 2026 report found AI anticipates 70 to 80 percent of questions from a specific posting. The tool prepares, you convince.

- **Prepare, do not cheat**

Use AI before the interview to rehearse, never during it to feed you answers. Recruiters spot it, and it gets you cut on the spot.

- **Your real stories win**

AI structures, it does not invent your career. Feed it real facts: one lived example beats a thousand ready-made phrases.

- **Check facts, guard your data**

Double-check what AI says about a company, it sometimes gets it wrong. Never paste confidential information or other

The right habit: interviews are won with precise examples, not with fine-sounding general people's data.



THE METHOD

Ten prompts, five steps.

No technical skills required. These 10 prompts carry your prep from the posting to the big day: understand the job, match your profile, predict the questions, rehearse, then win the room. Adapt the brackets.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 Understand the job

· 2 prompts

02 Match your profile

· 2 prompts

03 Predict the questions

· 2 prompts

04 Rehearse for real

· 2 prompts

05 Win the room

· 2 prompts



The Company Brief

PROMPT TO COPY

Role: you are a career adviser prepping a candidate for an interview.

Context: I am interviewing at [company], in the [sector] sector, for the [job title] role.

Task: build a useful brief on the company and on what matters for this role.

Format: what they do in three lines, their current challenges, their likely culture, and three facts to cite in the interview.

What you get

A company you actually understand. You speak to their reality, not to generalities, and show genuine interest.



The Posting Decoded

PROMPT TO COPY

Role: you are a recruiter who reads between the lines of a posting.

Context: here is the job posting [paste the posting text].

Task: tell me what the recruiter is really after behind each requirement.

Format: the five key expectations, the top priority skill, and one strong signal to send for each.

What you get

The real need, not the checklist. You answer what matters to them instead of reciting your CV.



The Gap Closed

PROMPT TO COPY

Role: you are an application coach comparing a profile to a posting.

Context: here is the posting [text] and my background [paste your CV or experience].

Task: show where I fit, where I fall short, and how to present my gaps without lying.

Format: my three strengths to lead with, my two weaknesses, and one reassuring line for each.

What you get

An honest, solid application. You own your limits with poise instead of dreading them.



The Proof Gathered

PROMPT TO COPY

Role: you are a specialist in the STAR method (Situation, Task, Action, Result).

Context: I want to show [sought quality, e.g. strong organisation] with a real example [describe it].

Task: turn my example into a short, convincing STAR story.

Format: four sentences (situation, task, action, result with a figure if possible), spoken in one minute.

What you get

Stories ready to tell. You answer with striking facts, not with adjectives about yourself.



The Likely Questions

PROMPT TO COPY

Role: you are a recruiter building the interview grid for this role.

Context: the [job title] role at [company], based on this posting [text].

Task: list the most likely questions, from classic to role-specific.

Format: ten questions grouped by theme, and for each, in one line, what the recruiter wants to check.

What you get

Zero surprises on the day. You prepare your answers cold instead of improvising under pressure.



The Tricky Questions

PROMPT TO COPY

Role: you are a coach who drills candidates on awkward questions.

Context: I dread questions about [e.g. my CV gap, my salary expectations, a failure].

Task: give me honest, short and positive answers to these uncomfortable questions.

Format: for each question, a three-sentence answer, and the mistake to absolutely avoid.

What you get

Calm where it stings. You turn a feared question into a chance to reassure.



The Interview Simulator

PROMPT TO COPY

Role: you are the recruiter, running a realistic interview for the [job title] role.

Context: use this posting [text]. Stay in your role from start to finish.

Task: ask me one question at a time, wait for my answer, then continue like a real interview.

Format: start with the first question, no commentary, and carry on based on my answers.

What you get

A true dress rehearsal. You practise out loud as many times as you need, with no stress and no witness.



The Honest Feedback

PROMPT TO COPY

Role: you are a coach who rates an interview answer with kindness and candour.

Context: to the question [question], I answered [paste your answer].

Task: rate my answer and tell me precisely how to improve it.

Format: a score out of 10, what works, what is missing, and a sharper reworded version.

What you get

Progress with every try. You fix before the interview what you would only have seen after.



The First Impression

PROMPT TO COPY

Role: you are a speaking coach who polishes the opening minutes.

Context: I will likely be asked to introduce myself at the start of the interview for [role].

Task: help me prepare a clear, memorable one-minute introduction of myself.

Format: a hook, my background in three beats, what I bring to the role, without reciting my CV.

What you get

A start that sets the tone. Your first lines build trust and frame the whole interview.



The Questions to Ask

PROMPT TO COPY

Role: you are an adviser preparing the candidate's questions for the recruiter.

Context: at the end of the interview for [role] at [company], I will be asked if I have questions.

Task: suggest questions that show my interest and seriousness, never bland ones.

Format: five questions to ask, what each reveals about me, and one question to avoid.

What you get

An ending that lands. A sharp question to the recruiter leaves a final impression of a motivated candidate.



THANK YOU · GO SUCCEED



One sentence, a big thank you.

These cards are offered to you, ad-free. Our only reward is your gratitude.

Give us 30 seconds

Take a moment to say thank you on one of our channels. A public word, however short, encourages us to keep supporting you, tip after tip.

Scan to join us and say thank you



WhatsApp



Mattermost



LinkedIn



Facebook