AI as Your Interview Coach

Smarter Prep for Life Science Jobs

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BY:

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JENNY CAMPOS

COACHING & COUNSELLING

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Introduction

Hi, and welcome!

Thank you for joining *AI as Your Interview Coach*, first presented at the **BCF Career Event** at Jaarbeurs Utrecht on **May 28, 2025**. I'm **Jenny Campos**, a certified career coach and counsellor, and I'm excited to help you explore smarter ways to prepare for job interviews in the **Life Sciences sector**.

This workbook is your step-by-step guide **to more confident and relevant interview preparation** using AI tools like ChatGPT. Inside, you'll find:

- Why use AI for interview prep

- What ChatGPT is & how to set it up

- How to feed ChatGPT the right information

- How to run mock interviews

- How to coach yourself using AI feedback

This is a **mini-version** of the coaching framework I use with my 1:1 clients. If you're curious to go deeper, you'll find more info about my full career coaching program at the end of this guide.

Let's stay connected — I'd love to hear how these strategies work for you!

Feel free to reach out on LinkedIn or message me with any questions.
https://www.linkedin.com/in/jenny-campos-vargas/

Wishing you success and confidence in your interviews!

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About Me

I believe everyone deserves a career that feels both fulfilling and authentic.

My mission is to walk alongside you through the pivotal moments — helping you uncover your strengths, navigate uncertainty, and create a path forward that truly fits *you*.

Throughout my life, I've passionately embraced personal and professional growth, navigating the varied stages—from university student to expat, from a young professional to a seasoned expert. Now, I am excited to share my insights and experiences to guide others on their paths to fulfillment and joy.

After 15 years in the corporate world—optimizing processes, leading teams, and ensuring things ran smoothly—I realized I wanted something more. That realization led me to coaching and counselling, where I now help professionals create careers that feel authentic, energizing, and fulfilling.

Coaching and counselling with me is a space for clarity, reflection, and action. My approach is structured yet flexible, empowering you to make intentional decisions about your career. Whether you're looking to craft a more fulfilling job or find the right role, I'll help you navigate your path with confidence and purpose.

Why coaching AND counselling? Sometimes, we need action. Other times, we need reflection. Most of the time, we need both. That's why I bring coaching and counselling together, so you don't have to choose between figuring things out and actually moving forward—we do both, at the pace that feels right for you.

My Career Journey

Jenny Campos

Career Coaching & Counselling for Authentic, Fulfilling Careers

Check out my profile and follow me on LinkedIn:
https://www.linkedin.com/in/jenny-campos-vargas/

I'm originally from Venezuela and have lived in the Netherlands since 2014. Over the past 20 years, I've worked across **five industries** and **seven companies**, holding **12 different roles** — each one helping me grow both professionally and personally.

My journey started in **plastics manufacturing**, through my internship and bachelor thesis in Venezuela's petrochemical sector. From there, I moved through **chemicals, oil & gas, health tech**, and now into **career coaching and counselling** — where I guide others through career transitions and personal growth.

Like many of you, I've faced countless interviews, rejections, and moments of self-doubt. I've handed out paper CVs door-to-door (yes, really), studied interview books in print, and sat nervously across from hiring panels wondering if I was saying the "right" thing.

Over time — and with plenty of trial and error — I discovered that confidence doesn't come from having all the answers. It comes from preparation. And as someone with a **background in quality assurance**, I've always been drawn to **process optimization** — finding ways to make things work better, smarter, and with less stress.

That's why I now use tools like ChatGPT — and teach others to do the same. AI won't replace your personality or your story. But it can help you prepare with more focus, structure, and clarity.

This workshop — and this handout — are designed to share that approach with you. Because no matter where you are in your career, preparation is still your superpower. And now, we just have smarter tools to support you.

Workshop & Workbook Goals

**"Interviews aren't about having the right answers
— they're about preparing the right way."**

- Jenny Campos

Job searching and interviewing aren't just about effort — they're about strategy. I learned this the hard way. Early in my career, I handed out printed CVs door-to-door, thinking "I just need a job — any job." It felt like progress, even if I wasn't truly prepared for what came next.

Back then, I didn't have tools like ChatGPT. I used printed guides, made notes in the margins, and practiced alone. The tools have changed — thankfully! — but the need for preparation hasn't.

Today, we have smarter, faster, and more supportive ways to prepare — and this workshop is here to show you how to use them.

In this workshop and workbook, you'll learn how to:

- ✅ Use ChatGPT to simulate realistic interviews

- ✅ Practice answering technical and behavioral questions

- ✅ Personalize AI feedback to improve your responses

- ✅ Build confidence through better preparation

- ✅ Make your prep process more focused, efficient, and repeatable

By the end, you'll walk away with practical tools and a smarter approach to preparing for interviews — especially in the life sciences, pharma, biotech, and related fields.

Let's get started.

Why Use AI for Interview Prep?

Reflection Exercise No. 1 – **Your current approach to interview preparation**

What's your current approach to interview preparation?

- Do you wing it? Over-prepare? Freeze up?

- What's worked for you in the past — and what hasn't?

- How confident do you feel about your preparation strategy?

Take 2–3 minutes to jot down your thoughts below.

This reflection will help you identify what you want to change or improve as you learn new tools.

✍️ *My Notes:*

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Why Use AI for Interview Prep?

Interviewing for roles in the life sciences industry can be tough — especially when you're expected to communicate technical expertise, professional experience, and personal strengths all in one conversation. It's not just about knowing the answers — it's about how well you prepare, structure your thoughts, and respond with clarity and confidence.

That's where **AI tools like ChatGPT** can make a real difference.

Here's why AI is worth adding to your interview prep toolkit:

✓ **Streamlined Preparation**

AI helps you cut through the noise. Instead of starting from scratch or guessing what might be asked, you can feed the job ad and your CV into ChatGPT and instantly generate role-specific interview questions. You'll spend less time searching and more time actually preparing — faster, smarter, and more focused.

✓ **Personalized Experience**

Unlike generic prep resources, ChatGPT gives you a **tailored coaching experience**. You can ask it to simulate interviews based on your exact job title, field (e.g. QA in biotech), and experience level. It adapts to your inputs, meaning your practice sessions feel relevant — not random.

✓ **Confidence Builder**

Confidence doesn't come from hoping for the best — it comes from practicing with purpose. With ChatGPT, you can rehearse answers out loud or in writing, ask for feedback, and fine-tune your message in a private, judgment-free space. The more you practice, the more prepared you'll feel — and that translates directly into how you show up in interviews.

✓ **Industry Relevance**

Life Sciences, Pharma, Biotech, Chemistry, and Food sectors have their own vocabulary, expectations, and interview norms. ChatGPT can generate technical questions, STAR behavioural questions, and role-specific prompts that reflect what employers in these industries are actually looking for. It helps you speak the language of the job.

Ready for the next step? Let's explore what ChatGPT is and how to set it up for your interview prep.

What is ChatGPT?

Reflection Exercise No. 2 – **What do you already know about ChatGPT?**

What do you already know about ChatGPT — and how do you feel about using it?

- Have you used it before for anything job-related?
- Do you feel curious, skeptical, overwhelmed… or all of the above?

Write down your thoughts below. This will help you notice how your mindset shifts as you explore what's possible.

✍ *My Notes:*

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ChatGPT in Simple Terms

ChatGPT is a **conversational AI assistant** developed by **OpenAI**. It's designed to understand your questions and respond with natural, human-like language. You type something, and it gives you a meaningful, often insightful response — instantly.

Think of it like:

- A 24/7 practice buddy
- A non-judgmental sounding board
- A toolbox of prompts and ideas
- A confidence booster in your pocket

No coding. No downloads. No stress.

To start using it, just go to:

chat.openai.com → Create a free account → Click "New Chat" → Start typing!

You can ask things like:

- "What are common interview questions for a QA role in pharma?"
- "Can you give me feedback on this STAR-format answer?"
- "Act as an interviewer and ask me one question at a time."

It's not magic — but it is powerful.

Used intentionally, ChatGPT can help you practice smarter, organize your thoughts, and refine your message before you're in the real interview seat.

Up next: Let's learn how to give ChatGPT the right information so it can coach you well.

Feeding ChatGPT the Right Information

Reflection Exercise No. 2 – **How do you usually prepare for interview questions?**

How do you usually prepare for interview questions?

- Do you base your answers on the job description, your CV, or just past experience?
- Have you ever tried "reverse-engineering" what the interviewer is really looking for?

Take a moment to reflect — the better you understand what you bring to the table, the better ChatGPT can help you highlight it.

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Why Feeding the Right Info Matters

ChatGPT is only as good as what you give it.

Think of it as a helpful coach — but one who doesn't know you yet. You have to "introduce yourself" clearly so it can tailor its support to your background and the role you're targeting.

When you give ChatGPT specific inputs, it can create questions, simulate mock interviews, and give feedback that's actually relevant to you — not just generic advice.

What to Share with ChatGPT

To get high-quality, role-specific coaching, share:

- ✅ The full job posting (copy-paste it directly into the chat)
- ✅ A short summary of your CV or LinkedIn profile highlights
- ✅ The type of role or field (e.g. regulatory affairs, biotech QA, GMP manufacturing)
- ✅ Your experience level (e.g. early-career, experienced, leadership)
- ✅ Anything you'd like it to focus on (e.g. STAR questions, technical depth, confidence-building)

Example Prompt:

"You are my AI interview coach. I'm applying for a QA Specialist role in pharma. Here's the job posting and a few highlights from my experience. Please ask me one question at a time and give me feedback after each response."

You'll find a full version of this prompt in the back of this workbook — ready to copy, paste, and reuse.

Up next: Learn how to guide ChatGPT to generate better, more tailored questions based on your role.

Requesting Tailored Interview Questions

Reflection Exercise No. 3 – **What kinds of questions usually throw you off in interviews?**

What kinds of questions usually throw you off in interviews?
- Technical ones you haven't practiced?
- Vague behavioral questions?
- The ones you didn't expect?

Jot down a few that have challenged you in the past — or ones you hope don't come up. Then let's work on getting ready for exactly those.

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Why Tailored Questions Matter

One of ChatGPT's biggest strengths is that it can customize interview questions based on your role, industry, and experience.

Instead of answering generic questions like "Tell me about yourself," you can ask ChatGPT to simulate the exact kinds of questions you're likely to face in life sciences, pharma, biotech, or food science roles.

This allows you to practice smarter, not just more.

Types of Questions You Can Request

Here are four categories you can ask ChatGPT to generate — with examples:

Technical Questions

Ask for questions that test your knowledge in your specific field or function.

Example Prompt:

- "Generate 5 technical questions for a biotech research scientist position."
- "Ask me questions related to GMP compliance for pharmaceutical packaging."

Behavioral Questions (STAR)

Request structured questions that let you reflect on past experience.

Example Prompt:

- "Create 3 STAR-format questions about teamwork in pharma R&D."
- "Give me behavioral questions focused on conflict resolution in a QA team."

Role-Specific Scenarios

Get questions tied to realistic, on-the-job challenges.

Example Prompt:

- "Ask me interview questions for a regulatory affairs role in medical devices."
- "What questions might come up about cross-functional collaboration in quality systems?"

Challenging Questions

Use ChatGPT to prepare for high-pressure or tricky questions — the kind that test your mindset, logic, or self-awareness.

Example Prompt:

- "What difficult questions might I face about drug development experience?"
- "What are some tough questions that come up in GMP audits or deviation investigations?"

Up next: Learn how to simulate a full mock interview using ChatGPT — including how to respond, get feedback, and refine your answers.

Role-Playing Mock Interviews

Reflection Exercise No. 4 – **When was the last time you practiced an interview out loud?**

When was the last time you practiced an interview out loud — and not just in your head?

- How did it feel? Awkward, empowering, helpful?
- If you haven't done it before — what's been holding you back?

Take a minute to write down your thoughts. Practicing out loud can feel strange at first, but it's one of the fastest ways to build real confidence.

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Why Role-Playing Helps

Interviewing is a skill — and like any skill, you improve by doing.

Using ChatGPT as your mock interviewer lets you practice in a low-pressure space. You don't need to book time with someone or worry about being judged. It's just you, the questions, and honest reflection.

How to Run a Mock Interview in ChatGPT

Here's a simple 5-step structure you can use:

1. **Set the Scene**

   Start with a short instruction:

   - "You're an interviewer for a QA Specialist role in a pharma company. Ask me one interview question at a time and wait for my response."

2. **Respond Naturally**

   Type your answers or say them out loud to practice delivery. (You don't need to overthink — just say what you'd honestly say in an interview.)

3. **Ask for Feedback**

   Once you've answered, you can ask:

   - "Can you give me feedback on my answer?"
   - "Was that clear and structured?"
   - "How could I make it more impactful?"

4. **Refine and Try Again**

You can rewrite or revise your answer and get feedback again. ChatGPT doesn't get tired — you can keep practicing until you feel more confident.

5. **Keep a Practice Log (optional)**

Track the questions you practiced and the tips you found helpful. This will help you spot patterns and feel more prepared.

Want to go deeper? You can even ask ChatGPT to **act like a difficult interviewer**, or someone very technical, or someone friendly but fast-paced — just say so in your prompt.

Next up: Learn how to ask ChatGPT for feedback on your answers — and how to use that input to improve.

Improving with AI Feedback

Reflection Exercise No. 5 – **What kind of feedback would've helped you the most?**

When you think about your past interviews, what kind of feedback would've helped you the most?

- Structure? Clarity? Confidence?
- Would you have liked to know if your answers were too long? Too vague? Too technical?

Take a minute to write down what kind of feedback you wish you'd received. This will guide how you use ChatGPT in this section.

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Why AI Coaching Works

One of the most powerful things ChatGPT can do is act as a **feedback mirror** — showing you how your answer might sound to someone else. It's not perfect, but it's consistent, available 24/7, and completely non-judgmental.

Whether you're prepping for a QA Specialist role, regulatory affairs interview, or scientific research position, you can use AI to **refine your answers, strengthen your delivery**, and **build confidence through clarity**.

How to Ask ChatGPT for Coaching Feedback

Here's a simple feedback loop you can use:

1. **Paste Your Answer**

   After a mock question, copy and paste your full answer into the chat window.

2. **Ask for Specific Feedback**

   Try asking things like:

   - "Can you evaluate my answer for structure and clarity?"
   - "Was that too long or too technical?"
   - "How could I make this more concise and impactful?"
   - "Is this a good STAR-format response?"

3. **Request a Rewrite (Optional)**

   Want to see a different version? Ask:

   - "Can you rewrite my answer to sound more confident but still authentic?"
   - "Can you reword this to be more concise and still cover the key points?"

4. **Reflect and Revise**

   You can accept, reject, or adapt the suggestions. The goal isn't to sound like ChatGPT — it's to sound like you, but better prepared.

5. **Try Again (if you want)**

   You can repeat this process with as many questions as you'd like. Practice builds fluency, and fluency builds confidence.

Tip: You can also ask ChatGPT to help you turn bullet points from your CV into full answers using storytelling or the STAR method.

Coming up: A demo example to show you how this looks in action — based on a real-life job ad from MSD Netherlands.

Let's See a Demo

Reflection Exercise No. 6 – **What would help you the most right now?**

What would help you the most in a real interview scenario right now?

- A clearer structure for your answers?
- Practice with unexpected questions?
- Honest feedback on how you come across?

Write down your thoughts before diving into the demo. This will help you spot what's most useful when watching how the process works.

✍ *My Notes:*

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The Live Demo: What You Saw

During the workshop, I showed a real example of using ChatGPT to prepare for an interview. I used an actual job posting from MSD Netherlands for a Quality Assurance Specialist role — and walked you through how I used ChatGPT to simulate a realistic mock interview using my own CV.

Step-by-Step: How I Did It

1. I Customized My ChatGPT Settings

Before chatting, I used the "Customize ChatGPT" feature to help it respond better to my needs. I filled in the following fields:

- *What should ChatGPT call you?*

  Jenny Campos

- *What do you do?*

  I'm currently looking for a new role in quality assurance within the Bio/Life Sciences, Chemistry, Food, or Pharma sectors. I have a background in QMS and process improvement, and I'm focused on contributing to regulatory compliance, continuous improvement, and cross-functional collaboration.

- *What traits should ChatGPT have?*

  Be clear, supportive, and professional — like an experienced career coach. Use a coaching tone that balances encouragement with specific suggestions for improvement. Focus on helping me prepare for interviews in the life sciences sector by asking one question at a time and giving thoughtful feedback.

- ***Anything else ChatGPT should know about you?***

  I bring 15+ years of experience in Quality Management Systems, having worked at companies like Philips, LyondellBasell, and Baker Hughes. I value structured feedback, clarity, and industry-specific insight when preparing for interviews.

Want to try this? Customize your own ChatGPT like this:

- Replace "quality assurance" with your field (e.g., clinical trials, lab research, regulatory writing)
- Describe your strengths (e.g., project management, analytical thinking, leadership)
- Adjust the tone to suit your style (e.g., friendly, challenging, concise, motivating)

2. I Shared My Context

In the chat, I wrote a clear prompt and attached the CV I would use to apply for this position, along with the complete job description.

Here's what I wrote:

> *You are my AI interview coach.*
> *I'm preparing for interviews in the life sciences industry, including roles in pharma, biotech, regulatory affairs, quality assurance, food, or chemical sectors.*
> *I have over 15 years of experience in Quality Management Systems (QMS), with a strong focus on process optimization, compliance, and continuous improvement in global companies like Philips, LyondellBasell, and Baker Hughes.*
> *Please act like a professional interviewer with deep knowledge of these fields.*
> *Ask me one interview question at a time, and wait for my response.*
> *After each answer, give constructive, specific feedback on clarity, structure, and relevance.*
> *Alternate between technical questions (tailored to my QA and life sciences background) and behavioural questions using the STAR method.*
> *Your coaching style should be encouraging, professional, and confidence-building — help me reflect, improve, and prepare effectively.*
> *Here is the job I'm applying for: see attachment*
> *Here are a few highlights from my CV: see attachment*

How to Adapt This Prompt for Your Own Case

✅ What to Keep	✏️ What to Change
Opening: "You are my AI interview coach."	Replace the industry: "life sciences" → your field (e.g., data science, marketing, sustainability, public health)
Interview structure: "Ask one question at a time… give feedback…"	Replace your experience: Edit the "15 years of experience in QMS…" part to reflect your background and strengths
Coaching tone: "Encouraging, professional, confidence-building"	Change company names to your actual employers or relevant experience
Instructions to alternate technical and STAR questions	Optionally tailor question types — e.g., focus more on behavioural if you're in people roles
Attach job ad and CV	Make sure to upload your job description and CV highlights as attachments
"Please act like a professional interviewer…"	Choose the perspective you want: hiring manager, HR, or peer. E.g., "Act like the QA manager at [Company], looking for someone to join your team."

Tip: Save your version of this prompt in a Notes app or Google Doc.
You can reuse it whenever you're preparing for a new interview — just update the job and experience section each time.

3. I Answered a Question

ChatGPT asked one question. It suggested me take my time to respond in a structured way. Also said that after my answer, it would provide detailed feedback on content, structure, and relevance. I answered naturally — just like in a real interview.

4. Ask for Feedback on Your Answer

Once you've written your answer, ask ChatGPT to review it.

Prompt example:

- "Can you give me feedback on this answer in terms of content, structure (using the STAR method), and relevance to the job description I uploaded? Also, help me polish the language and impact."

What happens next:

ChatGPT will usually respond with:

- ✓ **Content feedback:** What you said well and what needs clarification (e.g., mention of standards, clearer outcomes).
- ✓ **Structure feedback:** Whether you followed STAR (Situation, Task, Action, Result) clearly, and how to improve the flow.
- ✓ **Relevance check:** How well your example fits the job you're targeting.
- ✓ **Coaching suggestions:** Tips for stronger storytelling, better word choices, or impact statements.
- ✓ **Polished version:** A sample rewritten answer you can use as inspiration — but always adapt it to your own voice and experience.

5. I Decided: Refine or Move On?

After getting feedback, I had a choice:

- o Refine this answer with the suggestions, or
- o Move on to another question and come back to this one later.

In this case, I moved on — I wanted to practice a different behavioural question while my energy and focus were still fresh.

Tip: There's no "right" next step. It depends on what you need in that moment.

Ask yourself:

- Do I feel ready to polish this now?
- Or would a change of question help me stay motivated?

Choose what serves your prep best.

You can always come back with a clear head to edit and refine later.

Final Takeaways

> **"Not every interview goes perfectly.**
> **But every interview helps you grow. Keep showing up."**
>
> - Jenny Campos

As we wrap up, here are the key messages I want you to remember:

- **Feed AI the right information**
  Provide context before you start. Upload your CV and job ad, and briefly explain your background and goals. The more specific you are, the more useful and personalized the feedback will be.

- **Customize to relevant roles**
  Adapt your prompts to the industry, function, and seniority level. Mention if you're switching careers, re-entering the workforce, or targeting a specific type of company (e.g., startup, NGO, multinational). This helps the AI generate questions that mirror the real interview experience.

- **Ask for feedback & refine responses**
  Use the STAR method for behavioural questions and ask for feedback after each answer. You can even ask for a rewritten version based on your input. Refining your answers helps build clarity, structure, and impact.

- **Practice, practice, practice...**
  Simulate interviews multiple times — ideally aloud. Rotate between technical and behavioural questions. Use AI to practice handling curveballs, awkward pauses, or follow-up questions. The more you rehearse, the more confident and fluent you'll feel.

Stay strategic, stay authentic, and trust in your journey. You've got this!

Job Seekers Coaching Program

JENNY CAMPOS | COACHING & COUNSELLING
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You deserve a career that is both meaningful and true to who you are

About Me

Jenny Campos
Career Coach & Counsellor

I have embraced personal and professional development, evolving from a student to an entrepreneur, and from a beginner to an expert. Now, I am eager about supporting others in discovering happiness and fulfillment in their careers.

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Job Seekers Coaching Program

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Understand Your Situation
Create a Compelling Story
Cultivate Confidence
Design an Action Plan

FREE initial talk!

Feeling Stuck in Your Job Search? You're Not Alone.

Whether you're stepping out of academia after a PhD or Postdoc, or navigating an unexpected (or long-awaited) career shift, finding your next role can feel like a journey with no clear map. It's exciting—sure—but also overwhelming, full of self-doubt, and sometimes just plain exhausting.

- *"What do I do now?"* – *You've spent years building expertise, but translating that into a new career path isn't always straightforward.*
- *"Am I even qualified for this?"* – *Imposter syndrome creeps in when job descriptions don't match your exact experience.*
- *"I keep applying, but nothing happens."* – *Sending out applications into the void is frustrating. The silence is deafening.*
- *"I don't want just any job—I want the right job."* – *But what does right even look like?*
- *"I need a job now, but I don't want to settle."* – *Balancing urgency and long-term goals is tough.*

If any of this resonates, know that it's completely normal. Career transitions aren't just about work—they touch identity, confidence, and self-worth.

How Can I Help You?

I don't have a crystal ball, but I do have a process that helps you navigate uncertainty with clarity and confidence. Coaching and counselling with me is about:

- **Making sense of where you are** – Understanding your strengths, values, and what *actually* matters to you.
- **Crafting a story that works** – Translating your experience into a compelling narrative that fits the roles you're aiming for.
- **Building confidence, step by step** – Overcoming imposter syndrome, reframing setbacks, and learning to advocate for yourself.
- **Creating an action plan** – So job searching feels less like an endless loop of applications and more like a structured path forward.

FREE Initial Talk:
https://calendly.com/jennycamposcoaching-info/coaching-with-jenny-initial-talk

Job Seekers Program: A Step-by-Step Approach

This program is designed to support you in securing a job that aligns with your values, strengths, and long-term career aspirations.

For professionals seeking a fulfilling new role, covering self-assessment, job search strategy, and market approach with follow-up support and personalized tools.

Program Structure:

Session	Topic	Sub-Topic
Intake	Coaching Question	Brainstorming
Session 1	Recovery	Personal Transition Curve, Grief and Loss Stages
Session 2	Online Presence Feedback	CV/Resume, Motivation Letter and LinkedIn Profile
Session 3	Personal Profile	Core Values, Motivators & Drivers
Session 4	Personal Profile	Knowledge & Experience, Strengths & Unique Skills
Session 5	Professional Profile	Target Industry & Sectors, Ideal Job Role & Responsibilities
Session 6	Professional Profile	Growth Opportunities, Key Non-Negotiables
Session 7	Approaching the Labor Market	Exploratory Interviewing, SOAR Stories
Session 8	Approaching the Labor Market	Customizing CV/Resume and Motivation Letter
Session 9	Interviewing & Negotiation	Job Interview and Negotiation Preparation
Session 10	Coaching Journey Closure	Feedback and Action Plan

NOTE: Please note that I do not offer sector-specific career advice. CV and LinkedIn profile reviews are included in the Job Seekers coaching program as part of the market approach phase. If you are currently unemployed, urgently seeking work, and open to any type of job, an outplacement agency or career advisor may be a better fit for your needs.

Document Revision History

Version No.	Revision Date	Revision Comment
1	20/05/2025	Initial release