

Grant Opportunity:

Get Interview Ready!

October 2025

Project Interview

Bodyswaps, Academia and **Meta** have partnered to help students across the UK get interview-ready. Whether for jobs, university places or internships.

This closed-group programme gives nominated institutions early access to cutting-edge VR technology and CPD-accredited learning pathways designed to build confidence, communication and real-world interview skills.

Institutions taking part receive

- 3 months' free access to the Bodyswaps immersive learning platform
- Unlimited users to explore and practise interview scenarios
- 2 x Meta Quest headsets (loaned) to deliver immersive sessions on campus
- Access to the CPD-accredited "Get Interview Ready!" pathway

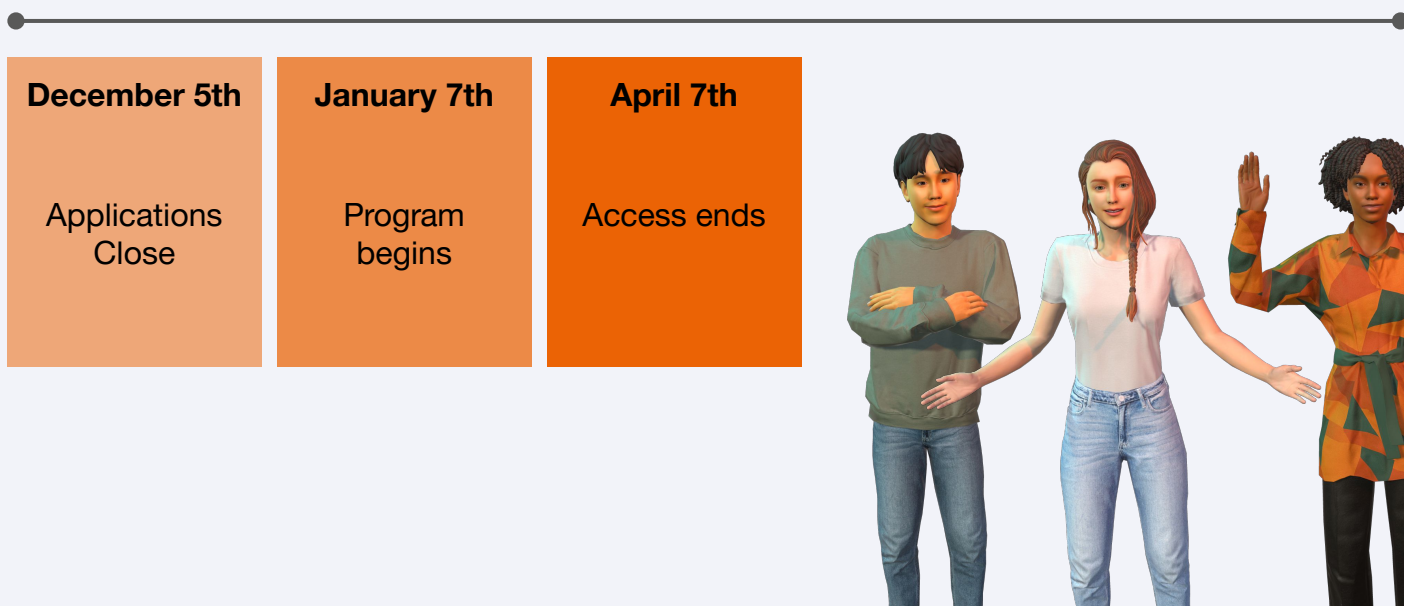
What's expected

- Complete a short end-of-project survey (facilitator only)
- Be open to sharing insights and outcomes as part of the wider initiative

Why it matters

Together, we're empowering the next generation with the skills and confidence to succeed in interviews and beyond — showcasing how immersive learning transforms career readiness.

Timeline



How to Apply

Complete the form below and we'll follow up regarding next steps.

CLICK TO APPLY

Applications close December 5th 2025



Pathway: Get Interview Ready!

Review the pathway below (option to customise)

Total Duration: 2 hours

Learning outcomes:

- Learn ways to stay calm before and during job interviews. This will help you feel more relaxed and focused on the conversation, not your nerves.
- Practice how to speak clearly and use good body language. This will make it easier for employers to see your strengths, no matter your background or past work experience.
- Build your own success stories that show what you can do. Helping employers understand why you are good for the job, even if you are just finishing school. And learn proven methodologies for handling difficult questions.
- With adaptable AI Roleplays, learners will be able to simulate their interviews, before they encounter them in real life. Building confidence within themselves.

Session 1. Prep: Feeling calm and confident

Exercise: Guided meditation

Practice posture and mindful breathing techniques to calm nerves and feel more present and in control before speaking.

Exercise: Speaking: The importance of body language

Discover how your body language can impact how others perceive your confidence and message.

Questionnaire: Reflecting on Body Language

Reflect on how aware you are of the signals your body language sends to others.

Exercise: Speaking: Grounding yourself

Use the 5-4-3-2-1 technique to manage anxiety by engaging your senses and anchoring yourself in the present moment.

Questionnaire: Grounding and focus

Describe a situation where you felt grounded and focused. What helped you stay calm and present?

Exercise: Personal calming techniques

Learn and try three practical calming strategies: depersonalisation, grounding, and box breathing—tools to stay composed in pressure moments.

Quiz: Managing Nerves & Anxiety

Check your understanding of effective calming techniques and identify the best ways to prepare for stressful situations.



Session 2 : Prep: Speaking with confidence

Exercise: Warm up your voice

Practice vocal warm-up techniques with a coach to prepare your voice for public speaking and feel more confident.

Exercise: Shaping your volume

Experiment with different volume levels to understand how projection affects audience engagement.

Exercise: Adjusting Your Pace

Discover your natural speaking speed and learn to adjust it for greater impact and clarity during communication.

Questionnaire: Finding your voice

Take a short quiz to identify your natural speaking style—Teacher, Motivator, Expert, or Influencer—and learn how to harness it.

Exercise: Communicating with Clarity, Concision and Confidence

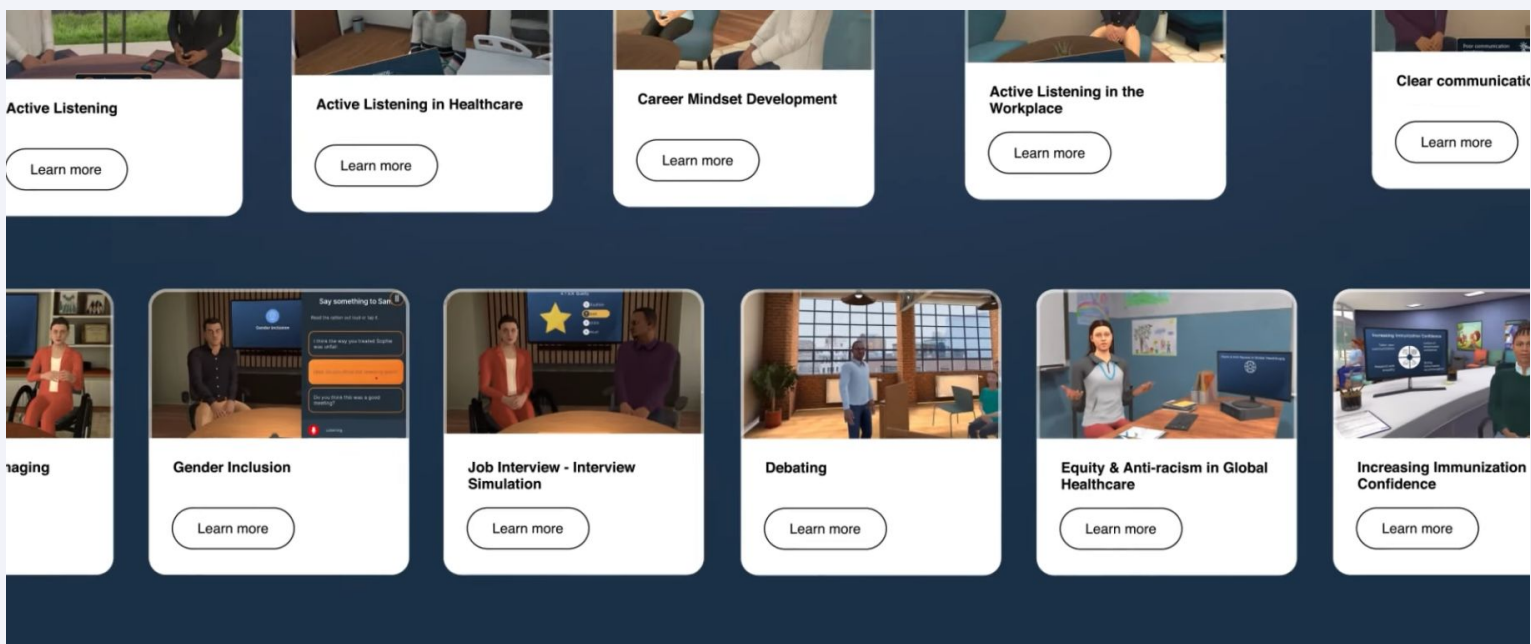
Deliver a clear, concise pitch in a simulated workplace challenge, receiving feedback on your verbal and non-verbal communication.

AI Simulator: Debating: Cats vs Dogs [Easy]

Engage in a light-hearted structured debate against an AI opponent to practise respectful argumentation and persuasive speaking.

Quiz: Speaking with impact

Test your understanding of vocal delivery, speaking pace, and how to communicate authentically and clearly.



Session 3: Prep: Crafting your answers

Exercise: Identifying Your Strengths and Non-Negotiables

Explore your values, working preferences, and personal strengths through a self-reflection activity to uncover what helps you thrive, whether in education or a future career.

Questionnaire: Reflecting on Strengths and Non-Negotiables

Think about one of your strengths and one of your non-negotiables. What are they? Are they connected in any way, and how might they guide your future choices?

Exercise: Crafting Convincing, Compelling Answers

Watch how personal qualities can be effectively tied to a company's mission, then analyse examples and practise doing the same in your own responses.

Exercise: Preparing Interview Stories

Rehearse sharing real examples of achievements in your own words to build a story bank you can use confidently in interviews.

Quiz: Mastering Your Interview Narrative

Test your knowledge of what makes interview answers compelling, and why storytelling is a powerful tool for demonstrating your value.

Second years ▶

Employability skills for ESOL learners

Edit Pathway ✎

by unit

by learner

Search Unit...

Overview For info Details	
How to use Bodyswaps Quick starter for first timers Details	17 finished 5 in progress 8 not started View >
Job interview: Managing interview anxiety Learning module Details	All 31 finished View >
Job interview: Landing the perfect job Learning module Details	1 finished 4 in progress 23 not started View >
Reflect on your strengths and needs Questionnaire Details	8 finished 6 in progress 19 not started View >
Check what you have learned Exit quiz Details	18 finished 5 in progress 5 not started View >

© Takes around 38 mins

Session 4: Interview Practice

Exercise: Crafting Interview Answers with CAR

Learn the Context, Action, Result technique by evaluating sample answers and understanding how to apply the structure in your own responses.

Quiz: Mastering Your Interview Narrative

Test your understanding of structured interview techniques like CAR and STAR, and learn how to apply them in real scenarios.

AI Simulator: Final Practice: Interview or Project Discussion

Put your communication skills to the test in a realistic roleplay scenario. Choose the path that matches your next step:

- *Job Interview Simulator: Practise answering common interview questions, structuring your answers using the CAR or STAR technique, and reflecting on your performance. Ideal if you're applying for a job.*
- *Professional Conversations Simulator: Practise discussing a project you've worked on in a formal, structured setting. Designed to help you prepare for university interviews or professional assessments (e.g., T-Level discussions).*





Confidence starts here.

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