



50+ Job Seekers
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AI for Interview Prep & Networking

AI Generated Event Summary for Attendees

George Armstrong, a certified career coach specializing in age-related transitions, presented on using AI to enhance interviewing preparation and networking. He emphasized that AI should be viewed as a partner in the job search process and outlined key areas including developing a personal story, researching companies and industries, networking, interview preparation, and leveraging maturity in the workplace. The presentation started with a poll about the importance of AI skills in job searches, which showed majority agreement on its helpfulness. George stressed the importance of differentiation in the current job market and introduced the concept of putting oneself in the employer's perspective to understand how to address their needs and problems.

Developing a Personal Job Story

George discussed the importance of developing a personal story for job searching, emphasizing the need to understand one's purpose, skills, and perspective. He highlighted the importance of networking throughout the job search process and stressed that knowing one's story and being able to communicate it effectively can set job seekers apart. George also mentioned the use of AI in job searching and introduced a poll to gauge attendees' beliefs about AI's potential role in job searches.

AI in Interview Strategies

George presented on using AI in interview preparation, emphasizing that while AI is here to stay, job seekers should remain in control of their communications and not rely solely on AI-generated content. He advised using AI as a tool for information gathering and networking, with the goal of helping others while building professional relationships. The presentation included guidance on maintaining authenticity in AI-assisted communications and emphasized the importance of adaptability in the job market. The discussion included results from a poll showing that most attendees were already using or interested in using AI in their job searches.

Networking Strategy with AI Tools

George and Eric discussed networking challenges, with George highlighting the concept of "precrastination" in networking and interviewing, attributed to marketing AI expert Kendra Lee. Eric then demonstrated how to use a specific prompt in ChatGPT to generate a list of top companies in the Northeast U.S. market for networking and informational interviews, along with conversation starters and LinkedIn profiles for career coaching purposes. The prompt successfully generated relevant company suggestions and conversation topics, with ChatGPT even recognizing 50+ Job Seekers.

Effective Communication and Interviewing Strategies

George discussed strategies for effective communication and interviewing, emphasizing the importance of active listening and asking better questions. They highlighted the value of "porcupining" - repeating back what the other person says to show engagement. The discussion included insights on preparing for interviews, with a focus on addressing common challenges such as practice and speaking skills. They also noted differences in challenges between networking and interviewing, observing that practice and speaking were more significant concerns in interviews than in networking situations.

Job Interview Strategies and Tips

George discussed strategies for effective job interviews, emphasizing the importance of differentiating oneself from other candidates and understanding the company's problems through networking and research. He advised using AI tools to prepare for interviews by generating sample questions and answers based on the resume and LinkedIn profile, while highlighting the value of showing familiarity with AI technology. George also stressed the significance of non-verbal communication, body language, and storytelling using the STARR method (Situation, Task, Action, Result, Relevance) to effectively convey one's skills and fit within the company culture.

Additionally, George also addressed ageism in the workforce, highlighting how experienced candidates have unique advantages and should leverage their skills and resilience. He concluded by encouraging attendees to actively use AI for developing their stories, researching companies, and preparing for interviews, and reminded them to always ask about next steps in the hiring process.

Job Seeking General Q&A Session

The meeting focused on addressing questions from attendees about George's presentation on job seeking strategies. Hayley facilitated the Q&A session, with George providing responses to questions about book titles, focusing on career-related topics during storytelling, and networking strategies. George advised focusing on career topics during presentations due to time constraints and suggested volunteering with industry organizations as an effective networking strategy. Eric recommended Toastmasters and local senior centers as additional networking opportunities, while George emphasized the importance of maintaining a forward-focused mindset when networking.

AI Tools for Job Seeking

The meeting focused on discussing AI tools for job seeking and networking strategies. George provided recommendations on different AI platforms for various needs, suggesting Claude for writing, ChatGPT for journalism, and Perplexity for information with citations. He advised using multiple tools for verification and emphasized the importance of being authentic when networking or reaching out to professionals in one's field. The discussion also covered resume strategies for experienced job seekers, with George recommending including older experience under "additional relevant experience" sections on resumes while using LinkedIn to showcase a full career history.