

23. September 2026

Equality

Online seminar helps women excel in job interviews

Online seminar on 1 October // Tips on professional presentation, communication skills and salary negotiations // Register online

How can you convey your strengths convincingly in a job interview? An online seminar from the "Women & Work" series will be held on Thursday 1 October from 7 pm, offering practical tips on how to present yourself with confidence and poise.

The online seminar "You've got the qualifications - now show it in the interview!" focuses on how female job applicants can clearly convey their professional and personal strengths during a job interview. Speaker Sonja Schaten, a qualified psychologist at the Ahaus Vocational Training Centre (BBS), will explain what matters most when preparing for and during the interview itself.

The seminar will cover various interview scenarios as well as the impact of body language, tone of voice and demeanour. Participants will also learn how to respond to challenging questions and confidently overcome typical pitfalls in job interviews.

Another key focus is on the topic of salary. The seminar provides guidance on how female applicants can confidently discuss their expectations and stand their ground in salary negotiations.

Bocholt's Equal Opportunities Officer, Astrid Schupp, invites interested women to take part. This free online event is part of the "Frau & Beruf" series organised by the local equal opportunities officers in the Borken district.

Registration is only possible via the Borken district's events portal at www.kreis-borken.de/de/veranstaltungen-gleichstellung.



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