

SAMPLE SESSION AND WALKTHROUGH

The Interview Coach

Practise the interview before it counts: questions matched to your target role, every answer scored, and a straight review of what each answer did and did not cover.

Sample user: Quinn Avery, targeting an Operations Coordinator role.

Sample data. Demo user shown. Screens in this packet are real screens from the OrgInsights app, captured October 17, 2026. This was a typed session: Quinn typed both answers, so the sample shows content scoring.



Start free with the Snapshot

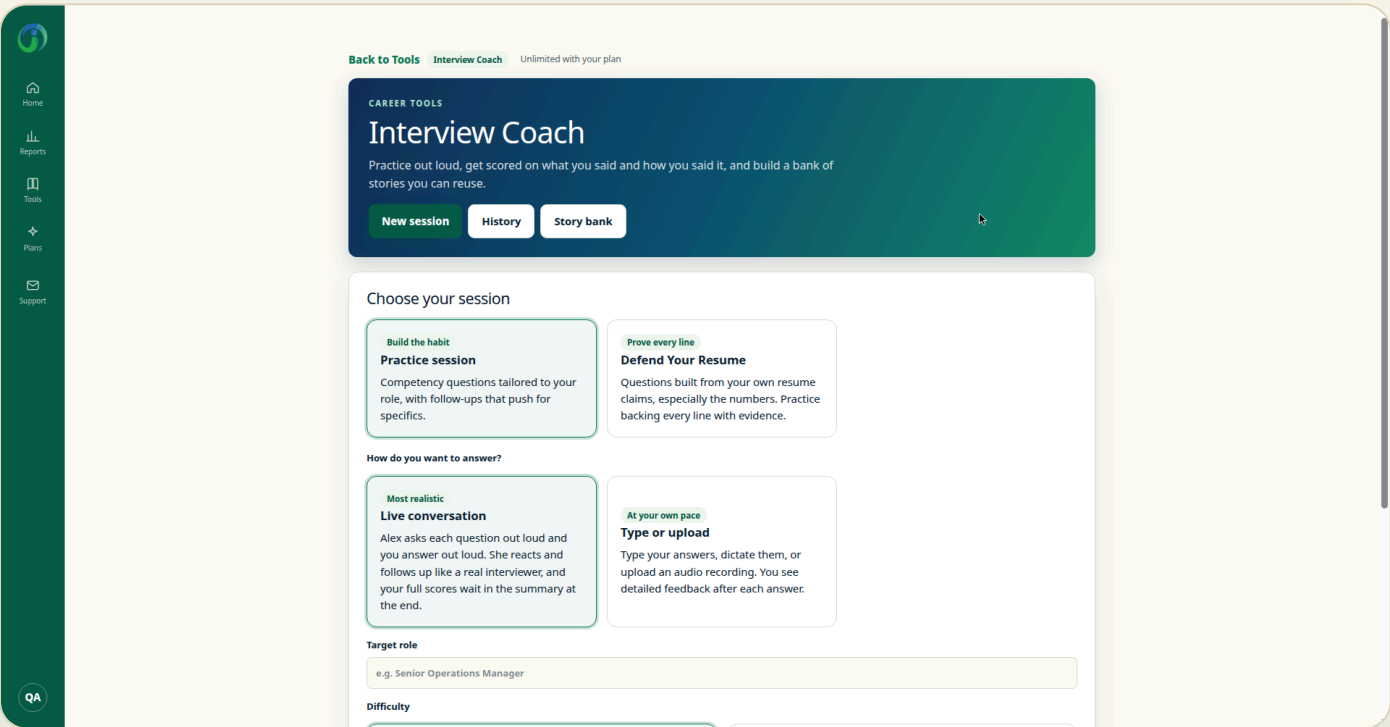
THE SAMPLE SESSION

One practice session, scored end to end

SETTING	THIS SAMPLE
Target role	Operations Coordinator
Track	Practice session
Difficulty	Standard
Date	October 15, 2026
Answers	2, typed
Overall score	43

THE WALKTHROUGH

Setup first: two tracks, two ways to answer



Real screen from the app. Demo user shown.

- 1
- Practice session.** Competency questions tailored to your role and level, with follow-ups. This is the track the sample below uses.

2 **Defend Your Resume.** A second track, shown here on the setup screen: questions built from your own resume claims, especially the numbers. It is a mode you can choose at setup. The worked sample in this packet is a Practice session, and no Defend session is presented as sample output.

3 **Two ways to answer.** A live conversation, speaking out loud with Alex, or type or upload your answers. Quinn typed this session.

Inside the session

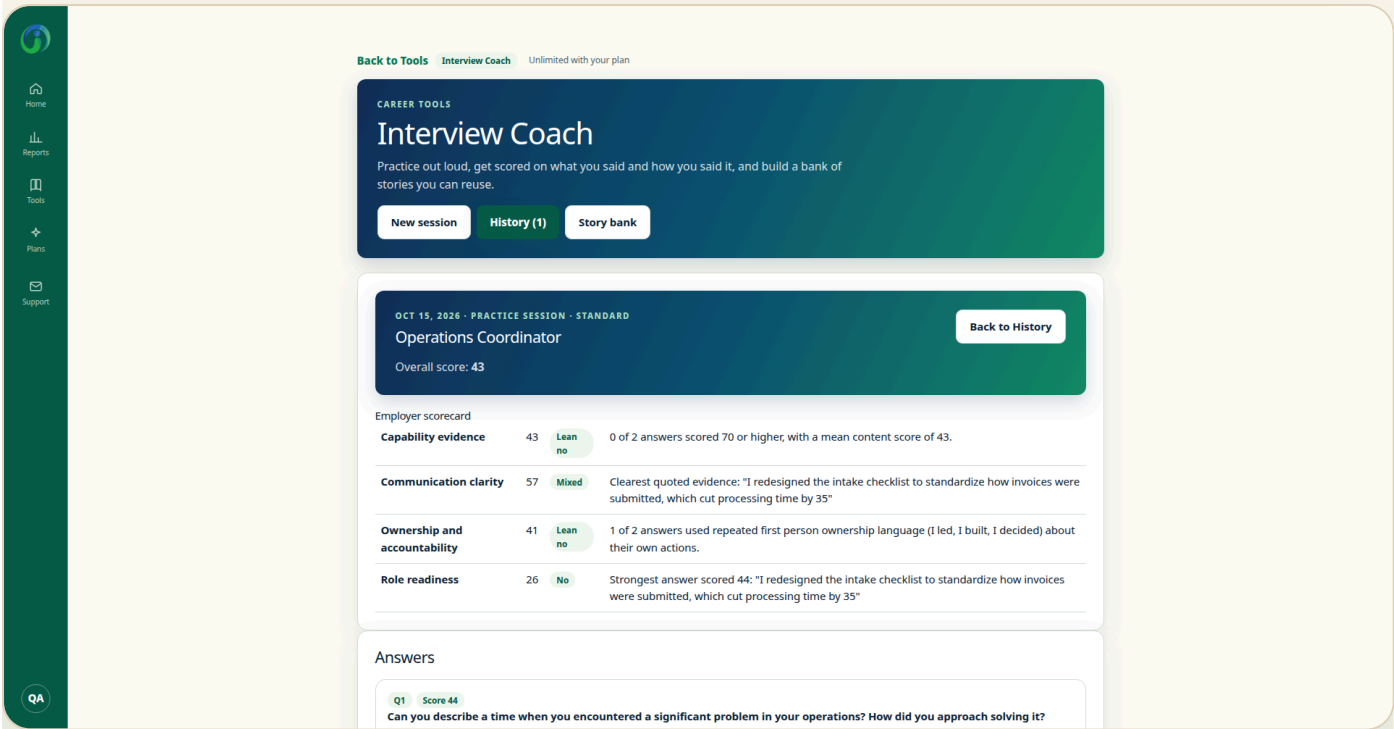
The screenshot shows the app interface with a dark green sidebar on the left containing icons for Home, Reports, Tools, Plans, and Support, and a 'QA' button at the bottom. The main content area is white and displays a question card at the top. The question card has a green header with 'Question 2 of 5' and 'Ownership'. The text of the question is: 'Tell me about a situation where you took ownership of a project or task. What was the situation, and what steps did you take to ensure its success?'. Below the question is a timer showing '0:03' and a note: 'Under 30 seconds is usually too brief for a behavioural answer.' Below the question card is a section for 'Your answer'. It includes a microphone icon and the text 'Microphone is off. Nothing is recorded until you tap "Begin the conversation" and enable your microphone.' Below this is a 'Microphone settings' section with an 'Enable microphone' button and a 'Record answer' button. There is also an 'Upload an audio answer instead' button. Below the microphone settings is a 'Your answer transcript' section with a text area containing the typed answer: 'At Brightpath Retail, I noticed new hires were struggling with the returns process, which was causing errors and customer complaints. I took ownership of fixing the training gap by creating a step-by-step returns guide and personally training 8 new hires on it. I also handled over 60 customer cases a week myself while maintaining a 96 percent satisfaction score. Within a month, returns errors dropped significantly and the team felt much more confident handling difficult cases.' Below the transcript is a note: 'Aim for 1 to 2 minutes spoken: the situation, your task, what you did, and the measurable result.' At the bottom of the answer section are three buttons: 'Submit answer', 'End interview and see my scores', and 'Save and exit (session stays open in History)'.

Real screen from the app. Demo user shown.

1 **Question 2 of 5, on Ownership.** The guidance on screen asks for one to two minutes: the situation, the task, the specific actions, and a measurable result.

2 **The answer lands in a transcript.** What you said is kept word for word, and that transcript is what gets scored and reviewed.

The employer scorecard



Real screen from the app. Demo user shown.

SCORECARD LINE	SCORE	VERDICT AND EVIDENCE
Capability evidence	43	Lean no. 0 of 2 answers scored 70 or higher, with a mean content score of 43.
Communication clarity	57	Mixed. The clearest quoted evidence is the intake checklist answer and its 35 percent result.
Ownership and accountability	41	Lean no. 1 of 2 answers used repeated first person ownership language about their own actions.
Role readiness	26	No. The strongest answer scored 44.

No inflated grades. A 43 is a practice result with named reasons, and each line quotes the evidence it was scored on.

BOTH ANSWERS, IN FULL

What Quinn actually said

QUESTION 1 · SCORE 44

Can you describe a time when you encountered a significant problem in your operations? How did you approach solving it?

At Northwind Logistics, our invoice processing was taking too long and causing late payments to vendors. I redesigned the intake checklist to standardize how invoices were submitted, which cut processing time by 35 percent for a team of 6. I also led a weekly vendor stand-up to catch delivery conflicts early across 12 suppliers. Within two months, missed shipments dropped from 9 per month to 2, and vendor satisfaction improved noticeably.

QUESTION 2 · SCORE 42

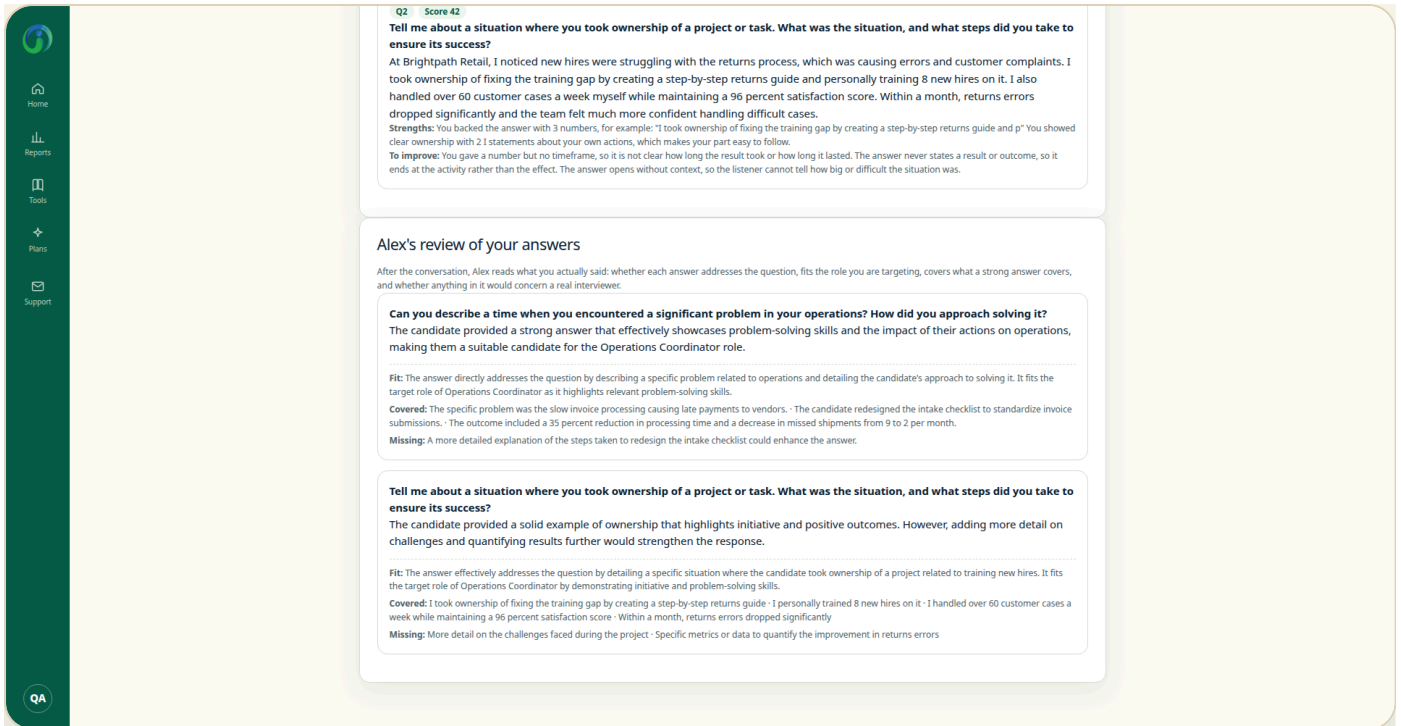
Tell me about a situation where you took ownership of a project or task. What was the situation, and what steps did you take to ensure its success?

At Brightpath Retail, I noticed new hires were struggling with the returns process, which was causing errors and customer complaints. I took ownership of fixing the training gap by creating a step-by-step returns guide and personally training 8 new hires on it. I also handled over 60 customer cases a week myself while maintaining a 96 percent satisfaction score. Within a month, returns errors dropped significantly and the team felt much more confident handling difficult cases.

THE REVIEW

Alex's review: Fit, Covered, Missing

After the session, Alex reads what was actually said and reviews each answer in three parts: whether it fits the question and the role, what it covered, and what is missing.



Real screen from the app. Demo user shown.

Question 1 review

Fit: The answer directly addresses the question by describing a specific problem related to operations and detailing the candidate's approach to solving it. It fits the target role of Operations Coordinator as it highlights relevant problem-solving skills.

Covered: The specific problem was the slow invoice processing causing late payments to vendors. The candidate redesigned the intake checklist to standardize invoice submissions. The outcome included a 35 percent reduction in processing time and a decrease in missed shipments from 9 to 2 per month.

Missing: A more detailed explanation of the steps taken to redesign the intake checklist could enhance the answer.

Question 2 review

Fit: The answer effectively addresses the question by detailing a specific situation where the candidate took ownership of a project related to training new hires. It fits the target role of Operations Coordinator by demonstrating initiative and problem-solving skills.

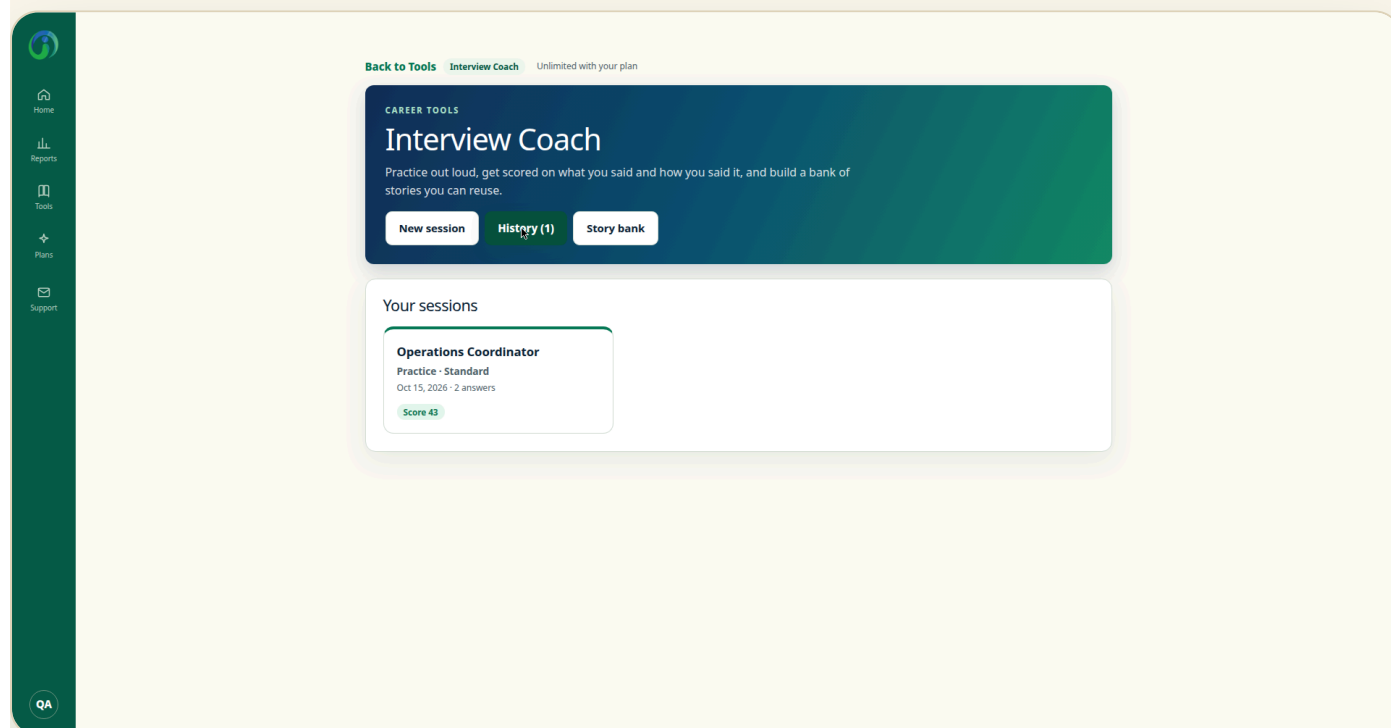
Covered: Taking ownership of the training gap by creating a step-by-step returns guide; personally training 8 new hires on it; handling over 60 customer cases a week while maintaining a 96 percent satisfaction score; within a month, returns errors dropped significantly.

Missing: More detail on the challenges faced during the project, and specific metrics or data to quantify the improvement in returns errors.

THE SAMPLE OUTPUT

The session, kept in History

The finished session is saved in History with its score, ready to reopen: scorecard, both answers in full, and the review, exactly as printed above.



Real screen from the app. Demo user shown.

WHAT TO DO NEXT

Working the review

- 1 Answer the Missing lines.** For question 1, add the actual steps taken to redesign the intake checklist. For question 2, add the challenges faced and a metric for the returns improvement.
- 2 Practise the same questions again.** The scorecard shows whether the new answers score higher, and History keeps both sessions.
- 3 Reuse your strongest answers.** Scored answers and the stories behind them are the raw material for applications and networking conversations, not just for the next practice run.

LIMITS AND METHOD

What this does and does not do

- Scores judge the evidence inside the answers: numbers, ownership, structure, and fit to the target role. They are practice signals, not a verdict on the person.
- This sample was typed. It demonstrates content scoring and the review. It makes no claim about spoken delivery.
- The review separates what an answer covered from what it missed, so practice has a specific target.
- Practice improves answers. It does not guarantee an interview or an offer, and the Coach will not tell you otherwise.

ACCESS

Practise before it counts

The free Snapshot includes **two full uses** of the Interview Coach. Paid plans run it **unlimited for the year**. Pick your target role, answer out loud or in writing, and read the review while the real interview is still ahead of you.

Say it out loud before it counts.

Start with the free Snapshot at OrgInsights, then practise your first session.

orginsights.io

#OrgInsights

OrgInsights