



Bring your best.

Are you ready to show us just how good you are? If you bring your best, we promise to bring ours, and you'll take away even more than you came with!
Here's our advice for bringing your best to your Assessment Day.

How it's going to go

Arrival Networking & a chance to catch your breath after your travels!

Welcome & Introductions A welcome to Gymshark, introduction to your day & the first time meeting your assessors.

Group Exercise | Assessed A group exercise to be completed in small groups.

Team Member Task | Assessed Time to take part in a practical task

Q&A Time to get our admin done!

Interview | Assessed More info below.

Closing Brief & Depart That's all folks!

Everyone's day will be made up of the same sessions; however, the order of some of the sessions will vary. The experience will be the same for all.

What to wear? We are not hugely formal here (no suits!), feel free to wear what you feel comfortable in but remember this is still an assessment day.

What is needed? Right to Work documentation, (advice and guidance to follow).
If you are planning on claiming expenses ensure you have your bank details to hand.

NB - Please note, should you be offered a role you will need a standard Disclosure and Barring Service (DBS) Application certificate completing.

Share your answers

We can't answer the interview questions for you, however there is a handy SHARE acronym to go by to help structure your answers:

Situation: describe a specific situation

Hurdle: explain what made the situation challenging.

Action: describe the actions you decided to take and why.

Results: state whether your chosen actions were a good (or bad) choice by explaining the results.

Evaluation: assess how you did and what you could have done better.
For example, did you learn anything, and have you applied that learning to any situations since?

Top tips

Come prepared with a clear vision of what you want to get out of the role if you're successful. Think about some examples to demonstrate how you meet the criteria for this role you've applied for.

We want to know why we should hire you and why you'd be the best person for the job!

Be yourself. Cliché, but so important.

The interview

It's more fun than it sounds, promise! We'll get to know your communication style and you'll have the opportunity to demonstrate your knowledge, skills, motivations, and achievements relevant to the role. There'll be some questions on real-life situations you've found yourself in and how you handled them.

Remember, we're thrilled you want to join the Gymshark family on this new journey of our first flagship store, and we want you to be successful.

We're sure you'll bring your best.

Finally, enjoy the experience!

GYMSHARK

TALENT
WITHOUT
LIMITS