## STAR Technique

FOUNDATION

A proven technique for structuring stories to draw out your achievements.

## **Situation** Task What was the work What was the task that you context or situation or the needed to perform. Consider Generic problem to be solved. Attributes: Autonomy, Influence and Complexity. **Action** Result What did you do? What Consider the result, what steps did you take. You was the impact you had could use the Professional on the business and or skills level descriptions as what you learnt from the a checklist. experience.



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