**Preparing for Day 4, assignment 5: Think of examples using STARR**

This assignment will take ca. 20 minutes.

* Write down 5 skills or qualities you feel you possess. These could be your favourites and/or skills you know you will use in your next role.
* For each skill/quality think of a top example with which you can demonstrate that you used the skill.
* Write down the examples. Be as concrete as possible and make as clear as possible what your contribution to the result was (watch out for talking to much in terms of ‘the team’ and/or ‘we’; dare to talk about yourself).

Skill/Quality 1

Skill/Quality 2

Skill/Quality 3

Skill/Quality 4

Skill/Quality 5