

Competency examples preparation

Some interviewers will want to ask you about your previous experiences and achievements. A good way to do this is through competency-based questions.

Preparing a few situations where you overcame challenges will help you to answer a wide range of competency-based questions.

Fill in a brief description of each of the situations below, then refer to our resources on using the STAR technique to build your situation into a great interview answer.

A time when you were under a lot of pressure

What had caused the pressure, how did you manage it and how did you overcome it?

A time when you dealt with a difficult customer or colleague

What happened, did the situation escalate and how was it diffused?

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A time when you received some negative feedback

What was the feedback and how did you respond?

A time when you achieved something you were proud of

What was it and what made you proud of it?