

## The STARR technique



The **STARR** technique is a way of identifying skills and achievements to transfer into future roles and opportunities. The technique is a great way to prepare for an interview, to structure parts of your CV, to use on application forms, to provide evidence of progress for 1:1s, ... etc.

**Situation** – the context, the overview

**Task** – what I chose to do/was asked to do

**Action** – how I went about it, my behaviours, my skills, my technical input

**Result** – the outcome, how that worked out

**Reflection** – what I learned from it, what I'd do again/do differently

### Exercise

Think of one of your own achievements. How would you structure it and therefore 'sell' yourself using STARR?

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