Why Not Complete Your Star Model?

Think of a

S - Situation Think of a situation you were in, at school, home, sport

T – Task What did you have to do to succeed or change

A – Action What action did you take

R – Result What did this change, what were the results

Doing these sorts of mini exercises and having things that you can talk positively about to other people, to future employers and in interview situations is a great way to build your confidence and show employers and others people your personality, your ambitions, your motivation and your personality.