



# THE CONFIDENCE ADVANTAGE INC.

*Helping leaders be as successful as they dare!*

## C.A.R.L. Framework - Interview Practice Worksheet

Use this worksheet to summarize an experience you demonstrated using the C.A.R.L. framework. The goal is to communicate how your work, school, and other life experiences are relevant and transferable to the role you are applying for.

People focus on, and worry about, the questions they may be asked in an interview. However, as most behavioural questions sound the same (Tell me about..., Describe a time when...., etc.) experience has proven that the answer to all questions are found in well prepared stories using the C.A.R.L. framework.

<b>Context – A brief summary of the situation or experience you want to share.</b>
<b>Action – What you did to address the situation. Be specific.</b>
<b>Result – What was the measurable impact of your action? Include metrics.</b>
<b>Learning – What did you learn from the situation?</b>

Once you have built 4 or 5 'C.A.R.Ls' that tell your story, and speak to your skills and successes, you are ready to practice your interview skills in a role play with a friend, colleague, or family. These safe environments help build confidence in your delivery.

*Note: Worksheet is best used in conjunction with the tool, "How to articulate your value with confidence".*