**Evidence of competence in taking calculated risks**

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| **1** The best example. |  |
| **2** Context: brief details of the circumstances. |  |
| **3** The nature of the risk involved; the factors that needed to be weighed in  the balance. |  |
| **4** Level of responsibility on  this occasion. The scale and scope of the issue. |  |
| **5** Personal contribution: what I did. |  |
| **6** Who else was involved on  this occasion – and what they did. How I involved or worked with others. |  |
| **7** What I did to manage the  pressure and stress for myself and others. |  |
| **8** The outcomes of my  actions or involvement. |  |
| **9** What worked well on this  occasion? |  |
| **10** What lessons did I learn  from this occasion? |  |
| **11** What would I do differently on another occasion? |  |
| **12** How typical is this example of my life or work experience? |  |
| **13** Brief details of a recent (or second) example. |  |
| **14** Brief details of a third, preferably contrasting, example. |  |
| **15** How could this competence be applied to other situations? |  |
| **16** How do I measure my success for this competence? |  |