**Evidence of competence in working under pressure or to tight deadlines**

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| **1** The best example. |  |
| **2** Context: brief details of  the circumstances that created the pressure or tight deadlines. |  |
| **3** Level of responsibility on  this occasion. The scale  and scope of the work or  event. |  |
| **4** Personal contribution:  what I did. |  |
| **5** What action I took to help  me cope with the pressure  and stress. |  |
| **6** Who else was involved –  and what they did. How  I involved or worked with  others on this occasion. |  |
| **7** Evidence of ability to work with others under pressure. |  |
| **8** The outcomes. The  extent to which deadlines  were met or the work  completed. |  |
| **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? |  |
| **11** How typical is this  example for me (a daily/ weekly/occasional/rare occurrence)? |  |
| **12** Brief details of a recent (or  second) example. |  |
| **13** Brief details of a third,  preferably contrasting,  example. |  |
| **14** How could this  competence be applied to  other situations? |  |
| **15** How do I measure  my success for this  competence? |  |