



IS IT INTERVIEW WORTHY?

DECIDING WHAT STORIES TO INCLUDE AND NOT INCLUDE FOR YOUR BEST INTERVIEW EVER

Excellent storytelling is one element that sets apart good interviews that miss the mark from great ones that attract opportunity. It is key to know what stories from your past experiences to share and what ones are not going to serve you as well.

This checklist will help. If your story that you plan to share meets most of the following criteria, it is most likely interview worthy.

- SHOWS through actions described (versus tells) your professional value or transferable competencies related to the opportunity in a concise, energetic way
- Details offered are in alignment with the audience or company's top needs, mission, or values
- There is a clear, strong ending (Do you conclude with a lesson learned, achievement, future goal, or other way of relating back to the question asked?)
- You have practiced sharing it out loud with a coach, mentor, or colleague who gave you constructive feedback (one way you glowed + one way to grow)
- Telling the story feels good (Does it expand your feelings of confidence, pride, or passion for the work you do?)

