

STARE Model – Competency Practice Sheet

Your questions focus for example:	
Situation	Set the scene, what was the objective?
Task	What was your role?
Action	What did you do to achieve the objective?
Result	What was the outcome – did you achieve your objective?
Evaluation	What was your key learning point and how will this help you to be even more effective if you were faced with this or a similar task again?

