



Learning From Your Past – Part 1

Please get into pairs – one person will serve as the interviewer and one as the interviewee.

The interviewer will ask the interviewee some or all of the following questions and take notes on the interviewee's responses:

- a. *"Tell me about the biggest adversity you've faced in the workplace. How did you cope with it? What worked? What didn't? What did you gain from the experience? In what way did this event have meaning?"*

Interviewer Notes:

- b. *"Tell me about two situations in your past that seemed terrible at the time but ended up working out for the best. Why do you think these situations were helpful? How can this help you reframe future obstacles?"*

Interviewer Notes:

- c. *"Tell me about a time when you handled a difficult situation well. What was particularly difficult about this situation? What was the context, what did you do, and what was the result? How did you interact with others during this time? Who were your main sources of support?"*

Interviewer Notes:



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- d. *“Tell me about a time where you exhibited unexpected strength. What was the context, what did you do, and what was the result? What did you learn about yourself from the experience? What are the kinds of situations that bring out your strength? What did resiliency feel like in that instance? What were your facial expressions? What was your body doing? Visualize what this feeling looks like.”*

Interviewer Notes:

- e. *“How can you help others because of what you’ve experienced?”*

Interviewer Notes:

- f. *“What doesn’t scare you as much as it scares others?” (e.g., public speaking, statistics, interviews, being rejected, etc.)*

Interviewer Notes: