

REFLECTION

STAR Introductions



INTRODUCTIONS - YOUR 60-SECOND SOUND BYTE

Many events begin with introductions. Introductions provide a good opportunity to make a positive first impression. How you introduce yourself is important. Good introductions are like an advertisement about you. Memorable advertisements include a strong message presented in an attractive way.

Use this model called **STAR** (**S**tatement, **T**ell, **A**ction and **R**esults) to help you. Think of it as your own personal advertisement that shows all that you have to offer. You can tell people you are **STAR** and what that means.

- S**
1. Think of a **statement** that provides a good picture of who you are. Consider your purpose for participating in this learning program.
- T**
2. **Tell** or explain what this statement shows about you. Briefly describe why your statement is important.
- A**
3. **Action** – What you can do. Your skills, behaviours and characteristics. Provide a few examples of when you have demonstrated the qualities or abilities you have identified.
- R**
4. **Results** – Explain why this is an important component of who you are and what this means in relation to the goals that you have set out for participating in this event. Results should always be positive.

*“In order to succeed, your
desire for success should
be greater than your fear
of failure”
Bill Cosby*