

Minute 2: your proof 60-120 s

One story, well told, is worth a thousand adjectives. Choose it, then unfold it with the STAR method.

HOW TO USE THIS CANVAS

1. Note three moments you're proud of, then keep the one that ticks the most boxes.
2. Fill in the STAR frame — the natural structure of a good story.
3. Read it out loud and time yourself: aim for 60 seconds. One story, not three.
4. Camille's example is on page 2.

1 Choose YOUR story

Three moment ideas — a delivered project, a solved problem, a challenge overcome:

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Keep the one that ticks the most boxes:

☐ A precise moment, not a vague period

☐ You play the lead role (tellable in « I »)

☐ The result is visible or measurable

☐ It relates to the job you're targeting

2 S + T · The situation and the challenge 60-75 s

Set the scene and the stakes in two sentences — a good story needs an obstacle.

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3 A · Your action, the heart of the heart 75-105 s

What YOU did, in « I ». Show your reasoning as much as your actions.

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4 R · The result + the link to the job

105-120 s

Concrete, with a number if possible — and tie the story to what you'd bring to the team.
