



CLIMB THE CAREER LADDER WITH YOUR OB EXPERIENCE

No matter what industry you're in, your Outward Bound course can help you nail a nerve-wracking job interview.

Drawing on your OB experience will help you to answer a number of tricky competency based questions. Leading employers and recruiters recommend that you use the STAR method in your responses.

THE **S**ITUATION

THE **T**ASK REQUIRED AS A RESULT

THE **A**CTION YOU TOOK

THE **R**ESULT OF THAT ACTION

Here are some of the common questions that your interviewer may ask and some ideas of situations you may have come across at OB that will support your answer.

TELL ME ABOUT A TIME YOU LEAD A GROUP TO ACHIEVE A GOAL.

This question assesses your leadership capability. Think about when you were asked to take charge of a particular activity or influenced your group in some way.

Being able to say that you've developed and refined your personal leadership style will carry a lot of weight with your interviewer.

- Did you lead your team for part of the hike?
- Did you have to make a crucial navigational decision on behalf of your group?
- Did you coach your watchmates to climb the rock wall or take on the high-ropes course?
- Did you allocate roles to various team members during any activity?

HOW HAVE YOU WORKED WITHIN A TEAM?

Here, the interviewer is trying to gauge your interpersonal skills. At OB you work with people from a wide range of backgrounds, which is a big plus point and shows that you're adaptable within a team.

- Think about your hike or cutter sail. What strategies did you suggest to overcome a problem?
- How did you work together to overcome failure?
- What unforeseen circumstances did you have to deal with and what was your input in adapting to these circumstances?

Consider both your contributions in larger and smaller groups at OB. Being able to say that you've spent 24 hours a day with a group of strangers, staying motivated and positive to achieve a shared goal, will win you a lot of points in the teamwork category. Most organisations will really value the assurance that you can truly perform as a team player and furthermore, that you can prove it.

“OUTWARD BOUND SPEAKS VOLUMES WHEN YOU'RE APPLYING FOR A JOB. IT SHOWS THAT YOU'RE SOMEONE WHO IS OPEN TO CHALLENGE AND LEARNING ABOUT YOURSELF.”

Mary-Jane Richards, NZAGE

TELL ME ABOUT A TIME WHEN YOU IDENTIFIED A NEW APPROACH TO RESOLVING A PROBLEM.

You're now being tested on your problem solving skills. Think about the Plan-Do-Review model and how you put it into practice.

- Look back at your OB adventure to see how you've demonstrated your ability to problem solve.
- How did you make a plan for your days' activities?
- Did you have to think creatively?
- How did you improvise?
- Did you have to set up camp when you didn't expect to. How did you adapt?

HOW WOULD YOU DEAL WITH SOMEONE DISAGREEING WITH YOU?

This question assesses how you deal with conflict and your level of resilience.

- How did you adapt when your group had a difference of opinion?
- What systems did you put in place to cope with people having different ideas to achieve the same goal?
- Think about what you learned about growth mindset.
- Did you encounter challenges around equal sharing of roles and responsibilities?
- Did you disagree about navigating in bad weather?
- How did you deal with complex tasks?
- If there was open conflict, how did you help to calm and resolve the situation?

We hope these tips give you the extra edge you'll need in your job interview. And don't forget – there really is more in you – plus est en vous!