

Potential Interview Questions (Open ended/Behavioral based)

Intrapersonal

Stress Management: Describe your temperament.

Mood: Describe yourself on a continuum of optimist/realist/pessimist.

Intrapersonal: If you have personal goals, describe them and how you go about achieving them.

Stress Management

Interpersonal: Have you ever had an employee or supervisor blow up at you? If so, how did you react/handle this?

Adaptability: Give an example of changes made to your plans/objectives by your boss or a customer. How did you react/handle this imposed change?

All or Any: If you have had a 360 on your performance, what feedback stands out for you on strengths and areas for improvement?

Stress Management: How do you relieve stress/frustration?

Intrapersonal: Do emotions ever impact your decision making? How?

SLB (Self Limiting Behavior): Do you put off or procrastinate on a particular activity related to your work? Describe this activity.