



Behavioral Interviewing Questions

RESILIENCE:

Recovers quickly from setbacks or difficult situations.

1. Describe a time when you were faced with a compelling work situation that took considerable amounts of your time and personal energy/focus. How did you manage this effectively so that its toll was kept to a minimum?
2. What are the work situations that you find affect you the most? Why? How do you rebound?
3. How long does it take you to rebound? What are a few of your rebound strategies?
4. What is one of the biggest work-related setbacks you have experienced? What has been the impact of this? How did you overcome it?
5. Provide an example of where you had to change strategies or use multiple approaches and you still did not achieve the desired outcome? What was the impact on you? Were you fighting a lost cause or waging persistent efforts?

