

Do's and don'ts

1 Find a mentor

Speak to someone who has recently gone through the process of becoming professionally registered. Seek out a mentor from your Licensed Body if you can and ask them to read and provide feedback on your competence report. Your supporter should also be able to provide you with support and read through your application before you submit.

2 Sell yourself

Sell yourself, use it as an opportunity to reflect on your skills and experience, and make your achievements clear.

3 Think about the assessment route

If you don't enjoy writing, consider the face-to-face route which will require a much less detailed competence report.

4 Provide enough detail

Approximately 5 sentences may be enough to give the assessors an idea of how to structure a discussion for a face to face, but will not be enough for the online assessment route.

5 Use relevant examples

Don't just list the things you do; you will need to provide evidence of your competence in the form of specific examples. Consider using the STAR technique – Situation, Task, Action, Result.

6 Use 'I' not 'we'

We want to hear about you: ensure you use 'I' rather than talking in terms of 'we' otherwise the assessors will struggle to judge **your** competence.

7 Adapt your examples to the competence

You don't need to use a new example for each competence, but you do need to make it clear how the example demonstrates that particular competence.

8 Use a CPD log

If you have any sort of log for your professional development, use it to help jog your memory about recent achievements and potential examples.



If you need more help, get in touch:
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