

# Talking About Your Work Without Feeling Like You're Bragging

*Because no one handed us the manual.*

## WHAT'S INSIDE

- ✓ A simple way to explain your role
- ✓ Before and after examples
- ✓ A sentence structure you can reuse
- ✓ A quick confidence practice



INTERVIEW READY



SIMPLE STRUCTURE



REAL EXAMPLES



NO AWKWARD WORDING



## WHY THIS MATTERS

Most of us were taught:  
*Be humble. Don't show off. Share credit.*

Then you walk into an interview... and suddenly you're expected to sell yourself, explain your impact, and prove your value.

**No wonder it feels uncomfortable.**

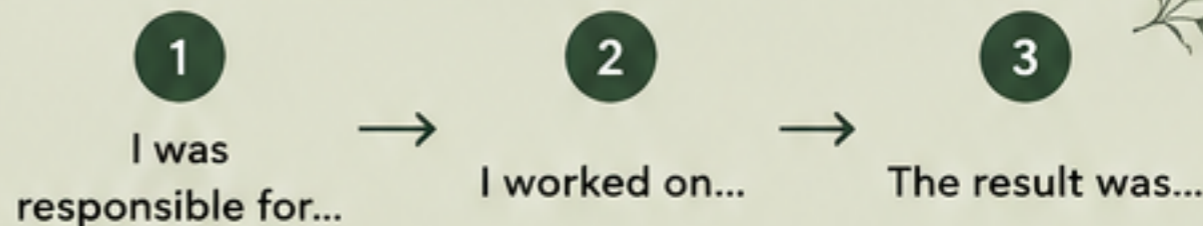
You're not doing it wrong. You were never taught the shift.



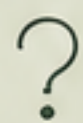
## THE SHIFT

You are allowed to explain your role clearly without taking credit away from others.

### USE THIS SIMPLE FORMULA



This gives clarity, ownership, and impact without ego or exaggeration.



## THE PROBLEM

People don't struggle because they aren't capable. They struggle because they're trying to follow two conflicting rules at the same time:

"Don't brag." ↔ "Prove yourself."

So they say things like:

- "We worked on a project..."
- "Our team helped improve..."
- "I just assisted..."

And the interviewer is left thinking:  
**"But what did you actually do?"**



## EXAMPLES

BEFORE (TOO VAGUE)	AFTER (CLEAR + RESPECTFUL)
"We worked on improving the process."	"I helped redesign the intake process, which reduced processing time by 30%."
"I just helped with scheduling."	"I managed scheduling across three departments, which improved response time."

★ See the difference? You didn't take credit for everything. You just made your role visible.



## TRY IT YOURSELF

Take something you've done and rewrite it.

I was responsible for \_\_\_\_\_

I worked on \_\_\_\_\_

The result was \_\_\_\_\_



## YOU WEREN'T SUPPOSED TO ALREADY KNOW THIS.

No one explains when to be humble and when to be specific. You weren't doing it wrong. You were following what you were taught.

*You're not behind.  
You're In Progress.*