

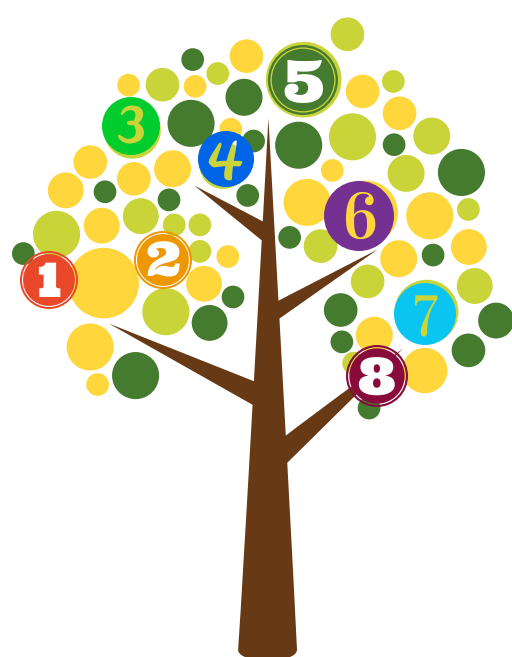
# The VINTAGE tool

How to self-assess your Key Competences in 5 steps

## Select a Competence

Start selecting the Key Competence you want to assess

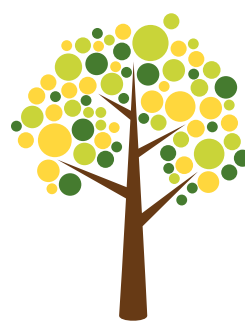
STEP  
01



STEP  
02

## Select the Mastery Level

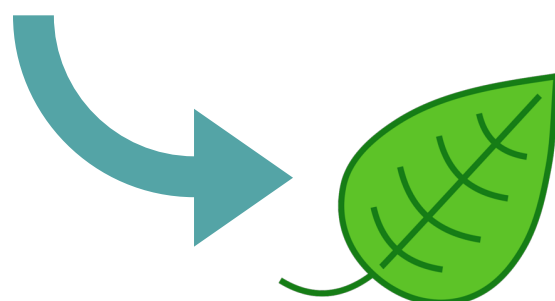
Choose your Mastery level in a 5 grades scale



## Select the domain

Each Key Competence is articulated in 5 domains: select one of them

STEP  
03



STEP  
04

## Assess yourself

Read the proposed situation, assess your performance and rate its quality

## Read the profile

Done! Now read your profile and repeat the assessment for the other 4 domains!

STEP  
05



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