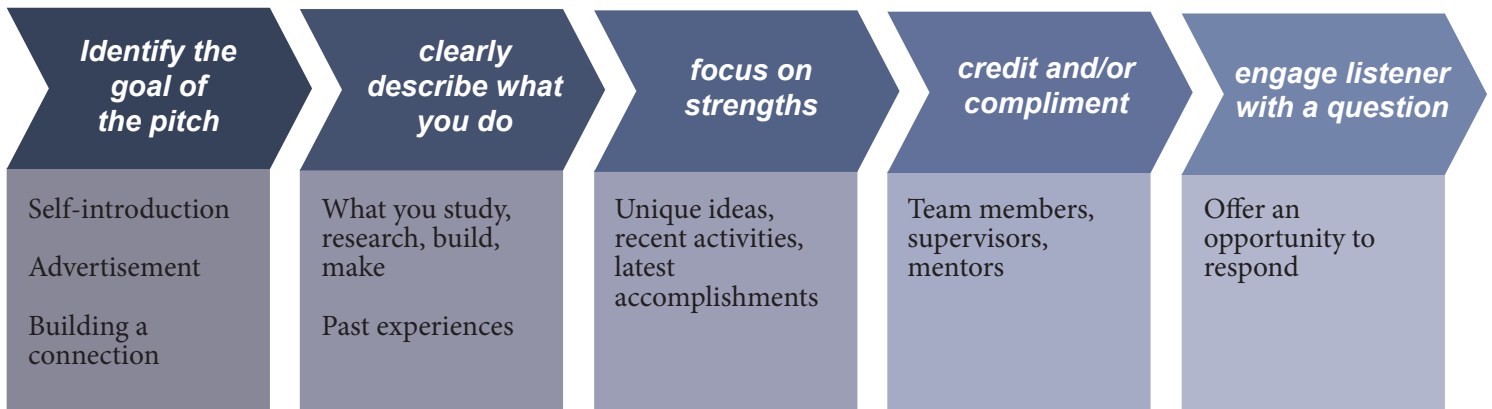


Elevator Pitch



Avoid Missed Opportunities

Often times, we miss opportunities because of our lack of intent, preparation, or comfort in commonplace conversations that are simply banal. We can also miss an opportunity to effectively communicate by minimizing or over-inflating discussions of responsibilities and accomplishments.

Do Your Research

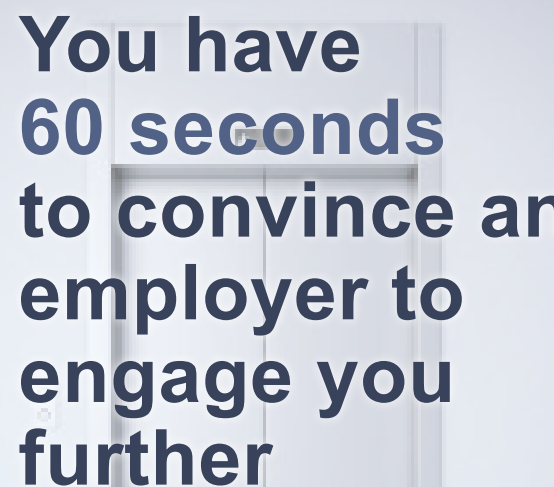
Developing a meaningful elevator pitch requires research on the person, company, organization, or program that you are making a connection with. You should pinpoint qualifications, skills, and experiences that best align with the opportunity and reiterate interest in learning more.

Body Language

Be mindful of body language and use hand motions moderately. Maintaining enthusiasm and energy is significant. If you jitter in nervousness, consider grounding your feet to the floor and lean in when appropriate. And most importantly, don't underestimate the power of a smile.

Managing Anxiety and Self-Doubt

Engaging in persuasive speech and talking about yourself can be a daunting experience that spurs up anxiety and self-doubt. Manage your angst with breathing techniques, power poses, inspirational quotes, positive attitude, and humor.



**You have
60 seconds
to convince an
employer to
engage you
further**