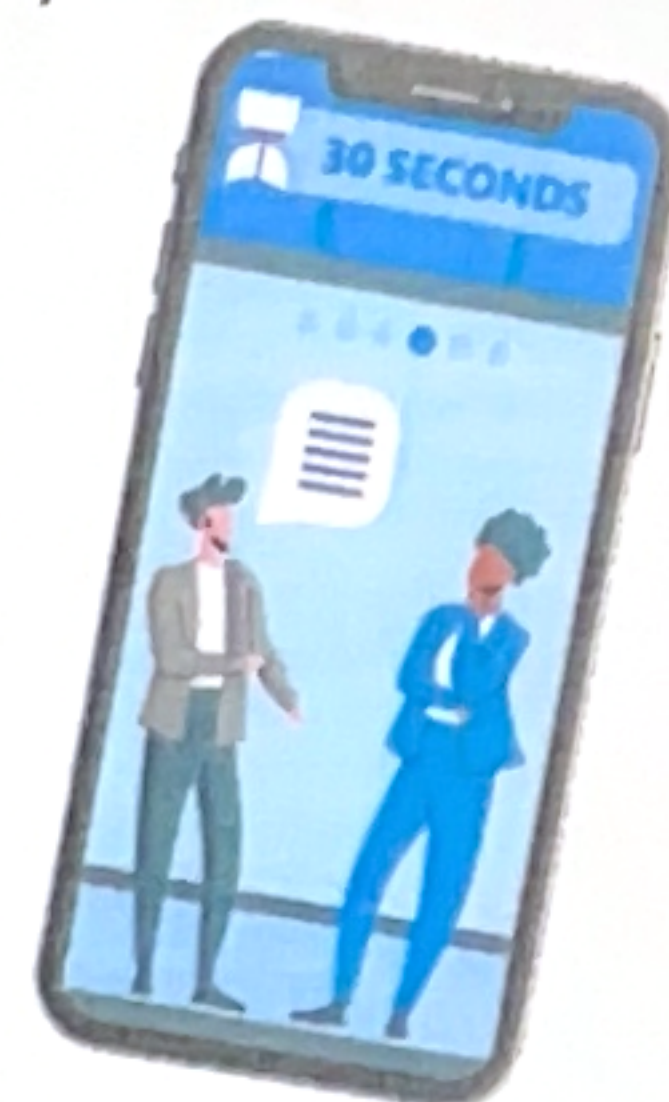


CREATE YOUR ELEVATOR PITCH

Complete this worksheet to help you create your 30 second to 1 minute elevator pitch!



P

Personal introduction - (who I am)

I

Interests and goals - (what you are studying and what you want to do)

T

Ties to experiences - (clubs, leadership, work, volunteer experience)

C

Career Focus - (what you're looking for—internship, job, mentorship)

H

Highlight a strength - (a skill or quality that makes you stand out)

You Got This!



Center for Career and Leadership Development
Make an appointment on Handshake
cclcd@odu.edu 757-683-4388
2202 Webb Student Center



Elevator Pitch Worksheet

Remember Your PITCH:

- ◆ P – Personal Introduction (Who you are)
- ◆ I – Interests & Goals (What you're studying and what you want to do)
- ◆ T – Ties to Experience (Clubs, leadership, work, volunteer experience)
- ◆ C – Career Focus (What you're looking for—internship, job, mentorship)
- ◆ H – Highlight a Strength (A skill or quality that makes you stand out)

Step 1: Fill in the blanks below to draft your elevator pitch.

Hello, my name is _____.

I am a _____ (year in school) studying _____ (your major) at _____ (your college/university).

I am interested in _____ (career field, job role, or industry) because _____.

Outside of my studies, I am involved in _____ (student organization, volunteer experience, leadership roles, or relevant experience), where I have gained skills in _____.

I am here today to learn about _____ (internship opportunities, job possibilities, job shadowing, mentorship, etc.) and to connect with professionals in _____ (a specific industry or company, if applicable).

One key strength I bring is _____ (a skill: communication, critical thinking, equity & inclusion, leadership, professionalism, teamwork, or technology) which I have developed through _____.



Make it Memorable ~ leave a lasting impression ~ share something unique about yourself.

One thing that makes me **unique** is _____ which has helped me develop _____ (a relevant skill or strength)

~ my fluency in a language = cross-cultural communications; ~podcasting experience = public speaking; ~ sports = teamwork

Step 2: Practice!

- ◆ Pair up with a peer and share your pitch.
- ◆ Offer feedback to help each other improve clarity and confidence.

Step 3: Revise & Refine