



Elevator Pitch Guide

FYLL (Fair Youth Labour Label): 2024-1-IT03-KA210-YOU-000246569





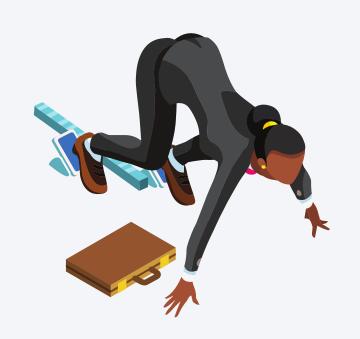
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How to create your self-presentation:



Think about what you want people to remember about you.

What experience, skills, and knowledge should they instantly associate with you?



"Can you tell us about yourself?"

Impactful Introduction

A short self-pitch, lasting about 20–60 seconds.

It's like a short elevator ride with someone who could decide your future career.

Now or never!

You have a moment to turn to this person, introduce yourself, say what you do, what you're interested in, and why you're talking to them.





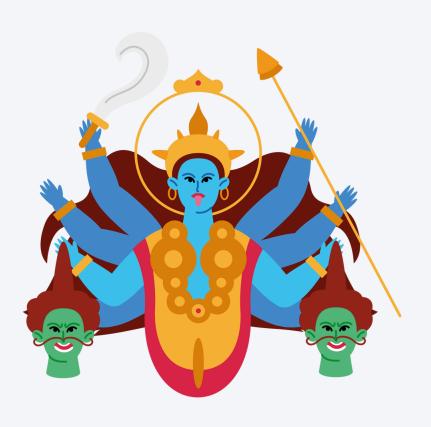
Non-verbal Communication

When presenting yourself:

- Stay relaxed.
- Move your hands naturally.
- Make your pitch sound and look natural.



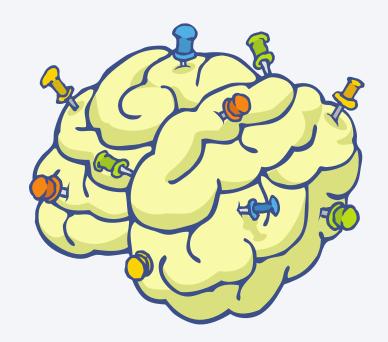




Things to remember:

Eye contact

Avoid looking away while someone is talking to you. Learn to keep eye contact.



Gestures

Use hand gestures. Don't stand stiff. Let your hands be relaxed.

Posture

Avoid standing with your arms crossed – it can seem distant or careless.

Breathing

The most important tip is the simplest: breathe! Don't try to say everything in one breath.

Articulation

Pronounce words clearly. Slow down so you can breathe and speak properly. Slower pace means less chance of mumbling or being misunderstood.



Self-Introduction Examples

Summer Work

"My name is Petar Petrov and I currently study at a technical high school in electronics. I'm in 12th grade. I like discovering how machines work and repairing them. I'm reliable, and people say I'm good with my hands. Your company is one of the largest in the region, so I would love to work for you this summer to gain hands-on experience. I have the whole summer free and would gladly try different roles."





Teamwork

"I like working with others, being part of a team, and creating something meaningful. I choose hobbies and activities in line with my interests. I'm persistent, and when something grabs my attention, I dive deep to learn everything about it. I make quick decisions and collaborate easily. I'd love to work abroad this summer and improve my language skills. My goal is to work in a large company and eventually lead my own team."

Self-Introduction Examples



Free Time

"In my free time, I've played football for 5 years.

I play in attack and train regularly. I like that it's a team sport — the result depends on all of us.

At first, I wasn't as good as others, but I'm fast, and when something excites me, I pursue it. Today I'm part of the main team. I'd love for us to move to a higher league."

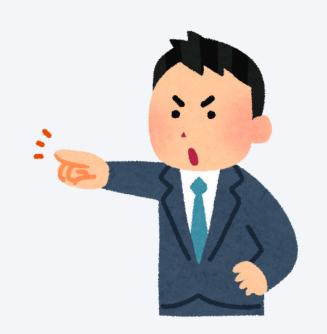
Hobbies

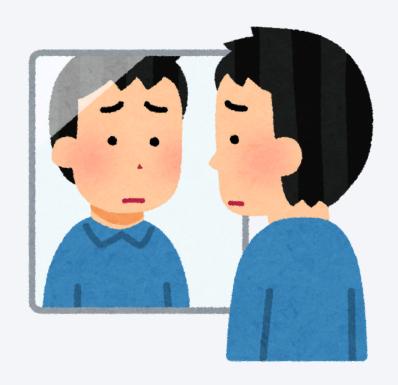
"My hobby is gaming. I've been playing daily since I was 10 and have entered several tournaments. I love creating strategies and finding new ways to beat records. I noticed others weren't as good, so I started making short tutorial videos on TikTok. I plan to create my own game one day."



Watch your language

- Avoid slang.
- Be sure to speak clearly and be understood.
- Emphasize the most meaningful words in your pitch.





Reflect on:

- What makes you who you are?
- What are you proud of?
- What have you achieved so far?
- Where have you gained experience?
- What are your strengths?
- What do you want to achieve in life and why?
- What's your path forward? Your vision for the future?

Reflect on these questions and jot down notes.
From your notes, build your own powerful elevator pitch!