



## 4.10 One-Minute Pitch

### What.

An activity that uses listening, writing, and speaking in order to help participants reflect on who they are and what they want to achieve.

### Why.

Learning to craft one's personal profile can help young people develop a professional mindset as they transition from high school into their adult lives. Whether they go straight into the workforce or decide to go to college, being able to clearly articulate their strengths, goals and interests is essential.

### How.

Ask the participants to spend five minutes writing down personal strengths/skills, key accomplishments and a possible career focus. Make sure they use active verbs and vivid language. Each day of the week, five minutes before the session ends, gather the participants in a circle and ask three participants to present their one-minute profile to the rest of the group.



### Tip

Self-discipline, communication skills, empathy, collaboration and resilience are emotional intelligence-based competencies that distinguish star performers from average.

### Core Competencies

Self-Awareness

### Materials

Paper  
Pencil or pen

### Time

10 minutes



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### SAMPLE ONE-MINUTE PITCH

My name is Summer Jones. I am a senior at Woodacre High School where I am taking computer courses to prepare me for Ryerson University, where I plan to study Digital Entrepreneurship. I have a 3.0 GPA, and I excel in math, science and technology. I also really enjoy community service. Over the past three years, I have volunteered with The Therapeutic Riding Center for the Disabled. I want to combine these two interests, and use my math and technology skills to help people. I hope that my future studies will enable me to develop design and technology for organizations working in under-developed countries.

### DIVE DEEPER

You can help your participants develop more confidence and self-esteem by setting time aside for topic driven discussions. Choose a topic they feel strongly about – such as a social issue, current news event, favorite book or film, or a highlight during the past week – and share why it is relevant.