



# 30 SECOND "ME" SPEECH

## **DO'S:**

1. Be natural, sincere and smile
2. Project your passion
3. Show enthusiasm and confidence
4. Maintain eye contact
5. Provide a brief personal introduction
6. Highlight details most important to the organization
7. Show how you can benefit the company
8. Mention 2 - 3 specific accomplishments
9. List a few character traits and adaptive skills
10. Include your "Unique Selling Proposition"

**PRACTICE .....PRACTICE.....PRACTICE.....**

## **DON'TS:**

1. Sound rehearsed or "canned"
2. Ramble
3. Just focus on yourself
4. Rush through the speech
5. Get "bogged" down in industry speak
6. Repeat what is on your resume
7. Talk about your birthplace, mom/dad, brothers and sisters, etc.
8. Just list facts
9. Be shy
10. Be afraid to change your "Me" speech as circumstances change