

OWN YOUR STORY – Elevator Speech Worksheet

Purpose: Build confidence, self-advocacy, and communication skills in a professional context

What it means to own your story:

★ Embracing your full journey and not just the good parts

It means accepting where you've been, the choices you've made, and the experiences you've had, especially the hard ones, without shame or denial. It's about taking responsibility for your narrative *without letting it define your worth negatively.*

★ Speaking your truth with confidence

When you "own your story," you don't shy away from telling it. Instead of hiding your past or letting others tell it for you, **you become the narrator.** You learn to frame your journey in a way that reflects your strength, resilience, and growth.

★ Using your story as a tool for connection and purpose

Your story can inspire, educate, and build trust, especially in advocacy, mentoring, or leadership roles. Owning your story gives others permission to do the same, helping break cycles of silence or stigma.

★ Claiming your direction forward

It's not just about where you've been. It's about **how you use your story to move forward** — setting goals, making new choices, and staying true to your values.

Objectives

By the end of this activity, you will be able to:

- Understand the purpose and power of an elevator speech.
- Identify your personal strengths, experiences, and future goals.
- Create a 30–60 second pitch that highlights your growth and potential.
- Practice sharing your story with confidence and receive supportive feedback.

Part 1: Warm-Up – Define the Why

Instructions:

Take 5–10 minutes to reflect and respond to the following prompts. These questions help you think about the purpose of an elevator speech and how you want to be seen in a professional setting.

1. What is an elevator speech, and why is it useful?

2. **When might you use a short personal pitch?**

3. **How do you want people to remember you after a brief conversation?**

(Your facilitator may write your answers or key ideas from the group on a board or poster for everyone to see.)

Part 2: Build Your Pitch – Write It Out

Instructions:

Use the prompts below to draft each part of your personal elevator speech. Keep your tone positive and forward-looking. You'll put it all together at the end.

Who Are You?

State your name, current focus (e.g., student, job seeker), and what you're passionate about.

Example: "My name is Jordan, and I'm passionate about helping others through peer mentorship."

My Draft:

What Have You Overcome?

Share a strength-based version of your journey. Emphasize personal growth and positive change.

Example: "After going through a challenging chapter in my life, I committed to personal growth and completed a job training program."

My Draft:

What Are Your Skills and Strengths?

List your top **soft skills** (personal qualities) and **hard skills** (technical or learned abilities).

Soft Skills:

- _____
- _____
- _____

Hard Skills:

- _____
- _____
- _____

What Are You Looking For?

Describe the opportunities or connections you're seeking.

Example: "I'm looking for opportunities where I can grow and give back."

My Draft:

Wrap It Up With Confidence

Close your pitch clearly and positively. Invite connection or a next step.

Example: "I'd love to share more about how I can contribute to your team."

My Draft:

Part 3: Practice Rounds – Speak Your Truth

Instructions:

Pair up with a partner or join a small group. Each person will practice giving their elevator speech 2–3 times. After each round, offer feedback using the "2 Stars and a Wish" method.

Feedback for Me:

What I did well:

1. _____
2. _____

A wish (how I could make it stronger):

 _____

Part 4: Group Reflection – What Did You Learn?

Instructions:

Use this section to write down your reflections after practicing and hearing others speak.

1. **How did it feel to tell your story?**

2. **What strengths did you recognize in yourself?**

3. **How could you use your elevator pitch in the real world?**

My 60-Second Power Pitch (Final Version)

Use this section to write your final, polished version of your elevator speech. This is the one you can carry in your wallet, memorize, or share in job interviews and networking settings.

“

”