

 **Module 4: Introducing Yourself****A Simple Way to Introduce Yourself**

- The stress associated with introducing yourself is common and not without warrant.
- Everyone's eyes and ears are on you. It's easy to mess up.
- **The secret is using a simple framework: Present, past, and future.**

**Present**

- Start with a present-tense statement to introduce yourself:

Example 1:

*Hi, I'm Ashley, and I'm a software engineer. My current focus is optimizing customer experience.*

Example 2:

*Nice to meet you all. My name is Michael, and I'm the creative director. I work in the Brooklyn office.*

 What you share will depend on the situation and on the audience.

 **If you are not sure what to share, your name and job title is a great place to start.**

 If there's an opportunity to elaborate, you can also share other details such as a current project, your expertise, or your geographical location.

**Past**

- This is where you can add two or three points that will provide people with relevant details about your backgrounds.
- Consider your education, past projects, employers.

Example 1:

*My background is in computer science. Before joining this team, I worked with big data to identify insights for our clients in the health care industry.*

Example 2:

*I've been at the firm for eight years. Most recently, I worked on the Alpha Financial account.*

**Future**

- This is your opportunity to demonstrate enthusiasm for what's ahead.

Example 1:

*I'm honoured to be here. This project is a significant opportunity for me.*

Example 2:

*I'm excited to work with you all.*