So what is an elevator pitch? Let's say you get into an elevator and someone who could help you out in your career boards after you. You only have a short amount of time **to engage with** this person. Would you know how to clearly communicate your strengths and **attributes** in a **compelling** way? Other more practical situations where you may need to give an elevator pitch would be scenarios like **networking events** or job interviews.

An elevator pitch typically **consists of** a few elements. It's usually 30 to 60 seconds in length and about four to five sentences long. Remember you're **making your first impression with** your elevator pitch so take some time to prepare what you're going to say. There are several elements you should look to include in your elevator pitch. Start with your name and then go into things like your educational background, professional experiences, and important skills.

Remember to be yourself. Communicate how you can add **value** and **avoid** things like hobbies, using cliche words, and sharing anything too personal, and last but not least practice. There are also subtle nonverbal elements of an elevator pitch that can make a huge difference. Remember to dress professionally, give a strong handshake, **maintain eye contact** but don't forget to blink, don't smoke **beforehand**, don't use too much **jargon**, **maintain personal space**, be pleasant and **approachable**, and try to relax.

Some more tips for delivering a successful elevator pitch are let it flow. You're having a conversation so don't try to memorize too much. Try to naturally work the employer or organization into your pitch and think about using your elevator pitch in emails or even as your professional **summary** on your resume or personal profile. Now that you're ready let's take a look at an example elevator pitch.