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New York State Public Health Corps Fellowship Program

Statewide Consortium: Elevator Pitch and Speed Networking

June 18th, 2025 | Zoom

Welcome

Bridget Kasaoka

Region 1 Fellowship Placement Coordinator

Amber Whiteside

Region 1 Fellowship Program Specialist



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Agenda

- **Welcome**
- **What is Networking and Why is it Important?**
- **Elevator Pitch Instructions**
- **Breakout Sessions**
- **Debrief**
- **Closing Remarks**



What is an Elevator Pitch?



Video



Networking – what it is and why it's important

networking **noun**

net·work·ing (ˈnet-ˌwɜr-kiŋ)

[Synonyms of networking >](#)

- 1** : the exchange of information or services among individuals, groups, or institutions
specifically : the cultivation of productive relationships for employment or business
| ... *networking* remains the No. 1 cause of job attainment ...
| – Hal Lancaster
- 2** : the establishment or use of a computer [network](#)
| He has extensive experience in computer *networking* and information security.

Definition provided by Meriam-Webster Dictionary



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Who We Network With

- Local and Statewide CBOs
- Institutes of Higher Education
- County Health Departments
- Hospitals, Primary Care Facilities, Specialists
- Mental and Behavioral Health Providers
- Coworkers, Friends, Family- Anyone that you can build a professional relationship with!

Growing Your Network

- In Person and Virtual Trainings and Conferences
- Social Media (I.e. LinkedIn, Twitter, Online Job Boards, etc.)
- In-Person and Virtual Job Fairs
- Internships or Volunteer Opportunities
- Community/Public Events
- Press Conferences
- Community Events

What is an Elevator Pitch?

- An elevator pitch is a brief (think 60 seconds) way of introducing yourself, getting across a key point or two, and making a connection with someone.
- It's called an elevator pitch because it takes roughly the amount of time you'd spend riding an elevator with someone.
- Elevator pitches are handy to have in mind any time you're at an event where you might meet prospective job or networking connections.

Step 1

Who am I?

- List your name, Fellowship position, and host organization.
- This should be 1 sentence.
- Example: My name is Amber Whiteside and I am the Fellowship Program Specialist for the New York State Public Health Corps Fellowship Program.



Step 2

What do you do?

- Use 1-2 sentences to describe what your position is.
- Example: As the Region 1 Fellowship Placement Specialist, I provide support to the Fellows located in the eight counties of Western New York in part through monthly calls with Fellows.

Step 3

Why should I care?

- Tell the group what your work does FOR the population you are serving.
- How will it make a positive impact in Public Health?
- Add emotion or interject a brief statement about a positive impact your role may have on someone or something.
- Make it timely and relevant (2-3 sentences)
- Example

Step 4 So what?

- What is your unique “selling” proposition?
- In other words, why is your Fellowship role special, relevant or essential to Public Health? (1-2 sentences)
- Example

Step 5

Who do you want me to tell this to?

- Who is your ideal client or who do you want to work for?
- What do you want me to hear so that I think of talking about you to hiring managers?
- Example

Step 6

One more time, who are you?

- In one sentence, state your name and tagline again.
- Example: Again, I'm Amber Whiteside and it was really nice to meet you.



Step 7

Put it all together

- String all of these things together.
- Say it out loud a few times.
- Tweak it and add a little polish.
- Edit it down to 60 seconds.
- The average person can say 150 words per minute so get your word count to <150 words.

Elevator Pitch Steps



WE

1. Who am I?
2. What do you do?
3. Why should I care?
4. So what?
5. Who do you want me to tell this to?
6. One more time – who are you?

Practice!

NETWORKING IN BREAKOUT SESSIONS



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Breakout Room Instructions

- Two people per breakout room.
- 7 minutes total – 3 ½ minutes per person.
- One person gives their elevator pitch then the other provides feedback and then switch.
- We will notify you at the halfway point and when there is one minute left.
- Leave the breakout room if you randomly get paired with the same person or if there are issues – we will assign you to a new breakout room.

ROUND 1

(7 minutes, followed by 2 minutes to switch)

ROUND 2

(7 minutes, followed by 2 minutes to switch)

ROUND 3

(7 minutes, followed by 2 minutes to switch)

Debrief

Discussion:

- What went well?
- Areas for improvement?
- What did you learn?
- Questions?

CLOSING REMARKS

New Consortia Format

- New format moving forward
- Networking-focused format
- Each consortium meeting will be for a given topic or focus area, Fellows can register to each consortium as they please, based on current work or work interests.
- At the consortium, Fellows will be broken into small groups to discuss the topic at hand and network

EDUCATIONAL SERIES UPDATE

- The Educational Series will resume on July 9th, 2025, from 12:00pm-1:00pm.
 - Title: Building Your Toolbox: Public Health Planning Tools to Drive Success
 - Presenter: Sara Regan & Robyn Scherer
- As a reminder, Fellows are strongly encouraged to attend each session live; however, a recording and a PDF of the slides will be available.
- Educational Series sessions will continue to be held once per month, and Fellows will receive calendar holds for future sessions.

CONFERENCE & TRAINING POLICY

- Beginning August 1, 2025, Fellows will be permitted to resume travel to large professional development conferences, contingent on availability of funding.
- Follow existing non-routine travel policies and procedures to request to attend conferences.
- As a reminder, non-routine travel request submissions and approvals submitted to NYSPHC prior to April 3rd, 2025 are no longer valid, and Fellows must resubmit travel paperwork for approval.
- See the email sent on June 13th for full details.

OFFBOARDING CHECKLIST FOR FELLOWS

NYSPHC Training and Resources Website



NYSPHC LINKEDIN GROUP

- Stay connected with NYSPHC on LinkedIn
 - Stay updated on public health events
 - Engage with polls and share your insights



Reminder: Employee Assistance Program



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Help for what matters most

Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues online at worklife.uprisehealth.com and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"> • Healthy living • Stress management • Mental health • Diet and fitness • Overall wellness 	<ul style="list-style-type: none"> • Parenting support • Child and elder care • Learning programs • Special needs help 	<ul style="list-style-type: none"> • Legal issues • Will preparation • Taxes and debt • ID theft services • Financial tools and assistance • Medical bill negotiation tools

Connect to a counselor for complimentary support services:

Email: eapcounselor@uprisehealth.com

Phone: 1-800-386-7055
Available 24 hours a day, 7 days a week*

Web: worklife.uprisehealth.com
(Access code: worklife)

When calling for assistance please use the following information

Employer - Staffing Solutions Organization

Group Number - G-540112

*Office hours: Monday-Friday 9am-5pm PST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Uprise Health, and for contractors, Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider of resources under the program. This information is for illustrative purposes only. It is not a contract. Only the Administrative Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program program at any time without notice. Legal services provided through the Employee Assistance Program are not provided to contractors with or preparation for any action against Guardian, Uprise Health or your employer. The Employee Assistance Program is not an employer benefit and may not be available in all states. (State and/or communications may be in English only.) The Guardian Life Insurance Company of America, New York, NY. Uprise Health, Laguna Hills, CA. Guardian is a registered trademark of The Guardian Life Insurance Company of America and is used with explicit written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

Thank you!



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