

## Digest Seven – June 2025

### **Theme: Elevator Pitch & Speed Networking**

#### **Cohort Discussion:**

As a cohort, review the resources provided below and engage in a discussion about the value of networking and the role a well-crafted elevator pitch plays in making meaningful professional connections. Reflect on your personal experiences with networking:

- Have you ever created and delivered an elevator pitch in a professional setting?
- What challenges or apprehensions do you face when it comes to networking?
- Can you recall a time when networking led to a positive opportunity or advancement in your career?

Use this discussion to share insights, encourage one another, and explore strategies for becoming more confident and intentional networkers.

#### **Resources:**

- [What is Networking?](#)
- [Writing an Elevator Pitch](#)
- [Elevator Pitch and Networking Questions](#)

#### **Cohort Activity:**

During your next cohort meeting, each member will take a few minutes to prepare and present their personal elevator pitch. After each presentation, the group will provide constructive feedback, highlighting strengths and offering suggestions for improvement.

### **Elevator Pitch Steps (Tailor to Public Health Experience)**

**Step 1:** Who am I? (List your name, Fellowship position, and worksite name, 1 sentence)

**Step 2:** What do you do? (Use 1-2 sentences to describe what your position is)

**Step 3:** Why should I care? (Tell what your service role does for Public Health. Make it timely and relevant in 2-3 sentences)

**Step 4:** So what? (Why is your Fellowship role special or essential to Public Health? Limit to 1-2 sentences)

**Step 5:** Who do you want me to tell this to? (This step is useful when you are networking and want someone to pay information forward about you)

**Step 6:** One more time, who are you? (In 1 sentence, state your name and tagline again)

**Step 7:** Put it all together!

*In this activity, you will have time to practice and trim down your elevator speech to 60 seconds, roughly 150 words.*