

My CV narrative

Elevator pitch

The elevator pitch is the first part of a CV, which makes you want to know more.

My strengths

These are my strengths for the job I am applying for.

My areas for development

These are areas where I will continue to improve.



The participant chooses three strengths and three development areas that are appropriate for the labour market. The elevator pitch should be concise, six lines of short text, in I format, complete sentences, no bullet points. Instruct your participant to write the elevator pitch in such a way that the employer is interested in the application and strengths. Encourage your participant to show the elevator pitch to family and friends for feedback.

Summary

My attitude to work

Strengths

Development areas

My skills in day-to-day management

Strengths

Development areas

My background

Strengths

Development areas

My strengths

Strengths

Development areas

This is who I am

Strengths

Development areas

Tips for the coach - Can the participant recognise him/herself from the summary? Does the participant think that the summary contains all the essential information? Is there anything else the participant would like to add?



This one doesn't fit me yet but I'd like to learn more about it.



This fits me perfectly!



This is what I want to add to my summary.



This doesn't fit me at all, and I don't want to change it either.



This does not suit me at all. Or this is something I want help with.

