

Your video checklist: the perfect 3 minutes

A great video comes down to **3 minutes, 3 strong beats, one intention per minute**. Check as you go: when everything's ticked, you're ready to record.

Minute 1 · 0-60 s

The hook

- ☐ I hook in the first 10 seconds (zero « hello, um... »)
- ☐ I say who I am + my strength in one sentence
- ☐ I say what I'm looking for
- ☐ I announce what comes next

Minute 2 · 60-120 s

The proof

- ☐ I tell ONE single story
- ☐ Situation + task: the challenge
- ☐ Action: what I did (in « I »)
- ☐ Result: concrete, with a number if possible
- ☐ I tie my story to the target job

Minute 3 · 120-180 s

The call to action

- ☐ I sum up who I am
- ☐ I say what I'm looking for, with conviction
- ☐ I clearly invite them to contact me
- ☐ I close with a smile



Technical fundamentals

- ☐ Light facing me (in front of a window)
- ☐ Quiet spot, no echo
- ☐ Camera at eye level, stable, horizontal
- ☐ Neutral, tidy background
- ☐ I look at the lens, not my screen



Before you hit REC

- ☐ I breathe, I smile
- ☐ I speak in my own words (I don't recite)
- ☐ Little « ums » are normal: I keep going
- ☐ I do several takes, I keep the best
- ☐ I stay myself: that's more than enough

Lights... camera... you!

Open Joblinks and record your presentation video today — joblinks.app

**WE DON'T HIRE CVS,
WE HIRE PEOPLE.**