



My video in 3 questions

No need to write a perfect script! Just jot down a few words to help you. In front of the camera, you'll speak in your own words.

My first name: _____

1 WHO AM I?

I introduce myself with a smile.

" Hi! I'm... and I'm someone who's... (pick from your strengths cards!) "

What I like to do:

.....

.....

2 WHAT AM I PROUD OF?

I share something I pulled off. Anything that matters to me!

" Something I'm proud of is when I... "

What I did, and what it changed (or taught me):

.....

.....

NO IDEA?

Think back to the interview with your partner or the wall of pride. A sport, a project, helping someone, learning something on your own... it all counts!

3

WHAT AM I LOOKING FOR?

I say what I want and invite people to reach out.

" Right now, I'm looking for... (a job, an internship, a team, a field...) "

What I want to bring:

.....

.....

And to finish, my invitation (pick one or make up your own):

" If you like my profile, write to me! "

" I can't wait to meet you. "

" Get in touch, let's talk! "

My closing line:

.....

MY LITTLE PRE-SHOOT RITUAL

- ☐ I take 3 deep breaths
- ☐ I shake out my hands to release the stress
- ☐ I give a big smile (even an exaggerated one!)
- ☐ I look at the camera like I'm talking to a friend
- ☐ I remind myself: there's no wrong answer. The camera just wants to meet ME.

MY EXPRESS CHECKLIST

- ☐ Question 1: I introduce myself
- ☐ Question 2: I share something I'm proud of
- ☐ Question 3: what I'm looking for + I invite
- ☐ I smile at the start AND the end

LIGHTS... CAMERA... YOU!