



Dear Scholars,

This month's focus is on **Sharing Your Story** - a skill important for each of you. **Sharing Your Story** means introducing yourself in a meaningful, memorable and confident way.

We know from speaking with many of you that you have inspiring stories of perseverance, dedication and success. Now the task is to perfect your introduction so that you are ready to share your story with people who can help you in your career.

#### Why?

Your self-introduction is your first - and possibly only - chance to make a good impression. You will need to introduce yourself in many professional situations - at job interviews or competitions, with professors or speakers, and to donors and colleagues.

#### How?

Read on for tips on how to:

- compose your story,
- tailor your introduction for different audiences, and
- speak with confidence.

### Step #1: Brainstorm Your Story

#### Why?

Brainstorming helps you to figure out what to say to best showcase yourself.

#### How?

Write down answers to the following questions. Write as much as you want, the editing can come later:

The Essentials:

1. What is your name?
2. Where and what do you study?
3. When will you graduate?

Future Plans:

1. What is your post-graduation plan?
2. If all goes well, where do you see yourself in ten years?
3. What is your ultimate professional goal?

Your Value:

1. What are three things you are proud of, personally or professionally?
2. What are your academic accomplishments?
3. What professional experience do you have?
4. What skills have you developed?
5. What is something unique about you?

Link to your Audience:

(in case you have a specific person, situation or company in mind):

1. What interests you about this person/company/field?
2. What are your relevant strengths and experience?
3. What would you like to get out of this meeting?

### Step #2: Write Your Story

#### Why?

Different situations require different introductions. Writing down your self-introduction will help you edit your story so that only the most relevant information is included.

#### How?

Take the information that you've brainstormed. Imagine a situation where you would have to introduce yourself and write a script. For an initial introduction, the script can be short, about 10 sentences maximum.

Use the following format:

1. The Essentials
2. Future Plans
3. Past Experience
4. Link to your audience

Tips:

- Find your own voice. Tell your story in your own way.
- Use powerful words. Make the person you are speaking with want to learn more about you.
- Be enthusiastic. Demonstrate passion for what you are doing and what you want to do.
- Be concise. An initial introduction doesn't need to be longer than 1 minute.

### Step #3: Practice Your Story

#### Why?

Practice, practice, practice makes perfect. The more comfortable you are with sharing

your story, the less nervous and more confident you appear.

#### How?

Memorize the script that you've written and then practice saying it, first to yourself and then to helpful people in your network. Some ideas for ways to practice:

- Say it to yourself in front of a mirror.
- Take a video of yourself and see how you've done.
- Ask a friend, senior, or mentor to listen and give you feedback.
- Introduce yourself to an FFE staff member the next time you call or come to an FFE event.

When you think you're ready, practice one more time. Then try it out in different professional situations.

For more tips, watch this TED talk on "[The surprising secret to speaking with confidence.](#)"

### Step #4: Listen to Others' Stories

#### Why?

Your story will grow and change, and your self-introduction is always a work in process. Listening to the stories of others will give you ideas to improve and adjust your introduction for different situations.

#### How?

Read the stories of fellow members of the FFE community. FFE is proud to share the stories of our students, alumni and staff in our quarterly newsletter. The latest [issue](#) has recently been published. You can find it, as well as past issues, on our [website](#). Please read them! Think about what your profile would say if you were featured in a newsletter. Submissions are welcome by [email](#).

We will be posting videos and articles on the [Facebook](#) group with examples of #sharingyourstory. Be active in the FB group: Share relevant articles or videos. Comment on posts you find interesting.

Listen to the introductions of others. Make mental notes of what you like and don't like.

For a quick recap of these tips and more, watch this [video](#).

If you have an FFE Student Coordinator at your college, participate in the on-campus meeting they organize. This meeting's focus topic is 'Sharing Your Story' and you will get the opportunity to practice with your fellow FFE scholars. Check the FFE Facebook group to hear the best introductions from FFE scholars around the country.

*Good luck. We look forward to hearing your story!*



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