



Self-Introduction Exercises

Adapted from “The Handshake Speech” ([Art-Write](#) by Vicki Krohn Amorose)

- ❖ **How briefly can you describe your work? Fill in the blanks.**

My work aims to _____

_____.

- ❖ **Try it in fewer words.**

In five words: My work aims to _____.

In four words: My work aims to _____.

In three words: My work aims to _____.

In two words: My work aims to _____.

In one word: My work aims to _____.

Example: *My work aims to build bridges between foreign cultures / bridge gaps between cultures / remove cultural barriers / converge cultures / unify.*

Creating Your “Profile Pitch”

It’s like an Elevator Pitch but less sales-y.

- ❖ **Step 1: Fill in the blanks. Try to be as concise as possible.**

My name is _____ and

I'm a _____.
profession (i.e. sculptor; gallery manager; psychologist)

I work with/in _____
media/area/demographic (i.e. wood and metal; outreach; youth)

and my focus is _____

topics/areas of concern (i.e. climate; community; trauma)

I'm currently working on _____

project/area of focus (i.e. commissions; fall programming; research)

I'm based in _____ and you can
city/region

find my work/learn more at _____
physical or online location/event

- ❖ **Step 2: Read your *Profile Pitch* out loud, or even record it and listen back. Try to hear it from someone else's point of view. Does it sound concise and confident? Would you want to hear more?**
- ❖ **Step 3: Try paraphrasing/rearranging sentences so it doesn't sound scripted. Consider different scenarios that would call for variations in tone, length, etc. (A formal presentation vs. a casual encounter at a networking event).**
- ❖ **Step 4: Go practice it in the wild!**