



# Sell your skills in 60 seconds.

## A guide to creating your own one-minute commercial.

Your goal is to leave the interviewer with a positive impression of you and a few key reasons that you are the right person for this job.

### List your work experience and education

Example: "I have more than \_\_\_\_ years of experience in the \_\_\_\_\_ industry. I completed \_\_\_\_\_ education/training in \_\_\_\_\_."

.....  
.....  
.....  
.....  
.....

### List your skills

These may include job specific skills, such as customer-service experience and computer skills. These also may include "soft" skills, such as your ability to organize or your attention to detail.

.....  
.....  
.....  
.....  
.....  
.....



**"Tell me about yourself."**

Every interaction is an opportunity.



A partner of the **americanjobcenter** network

WorkSourceWA.com

WorkSource is an equal-opportunity partnership of organizations that provide employment and training services. Auxiliary aids and services are available upon request to people with disabilities. Washington Relay Service: 711

**List your accomplishments**

These may include awards, achievements and special recognitions.

.....  
.....  
.....

**You want to work for this company because:**

.....  
.....

**You will fill these needs for this company:**

.....  
.....

**Put it all together**

Now you're ready to create your commercial. Write down exactly what you want to say so that you won't miss any major points.

**My name is** .....

**I'm seeking a position as** .....

**My primary qualifications are**.....

**My primary job skills are**.....

**My other strengths are** .....

**This is what I can do for you.** .....

.....  
.....



**Practice, practice, practice**

Now that you've created your script, practice it, refine it, and practice it again. The more comfortable you are with your commercial, the more prepared you'll be for your next interview.

Modify your commercial for each position. It also can be useful in other networking and job search activities.



A partner of the [americanjobcenter](#) network

