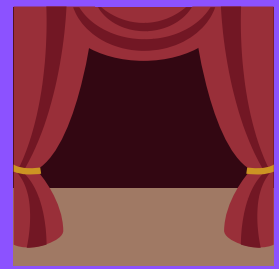


2-MINUTE YOU



Your 2-Minute You is a quick introduction when you have the opportunity to speak to a large group of people from stage. If you are a host of an event you may be called up to make a quick introduction. You always need to be prepared for this to happen.

Initial Steps

Who: Who are you and what company do you represent? _____

What: What is your value proposition/transformation? _____

Why: What makes you unique? _____

Cause: What causes do you stand up for? Whom do I give back to? _____

Call to Action: What are you giving of value today? _____

Take the ideas that you have above and put them into order below.

"Courage starts with showing up and letting ourselves be seen."

- Brene Brown

"Success occurs when opportunity meets preparation."
- Zig Ziglar

