

# How to Introduce Yourself Professionally in 1 Minute?

Created: Tuesday, 14 June 2016 06:45 | Published: Thursday, 16 June 2016 15:11 | Written by [Shailja Varma](#) | [Print](#)

Interviews can be tricky especially if you are a non-native English speaker. You never know when the interviewer will catch you off guard to test your capabilities for the position. While it is almost impossible to prepare 100% before an interview, the possibility of answering most questions in [flawless English](#) is in your hands. One common question that most of us have answered at one point or other is to introduce ourselves in brief. We are sometimes puzzled as to how to start our introduction, how much to speak, where to end? Today, let us clear the mess and learn how to introduce impressively in less than a minute.



## One-minute interview preparation

Suppose you are at a career fair and as the word goes, you don't get much time to sell yourself there. How will you let the recruiter know that you are an excellent candidate. It is important to keep a list of your strengths handy in order to impress an employer in just a minute. While it is difficult to put forth all your great qualities listed in the resume in just a minute, it is imperative to do some thinking on the start of your introduction.

Start with a - Hello, I am (first & last name)

Then you can continue with your primary selling points, such as years of experience, area of specialization, special training received, and technical skills possessed. Try to focus on the qualifications mentioned in the job description and state how you are the ideal candidate, but subtly.

## Example introduction

Hi, I am Sachin Arora. I am a creative content writer with five years of experience in managing all aspects of the content department – from ideation to implementation to publishing – for big corporate companies. I have spent the last three years developing my skills as a content head with XYZ Company, where I was appreciated for my team-management and creative concept development skills. While I am satisfied with my present organization, I would like to move away as the company's financial problems have raised a question on job stability. Hence, I have decided to start looking for new opportunities.

## Conclusion

Your resume will fill in any gaps in the information that you have provided. So, don't be in a hurry to squeeze in all in your introduction. Soon, you will be asked to take through your resume, where you can talk

more about your skills and qualifications. To master the art of introduction, you can join our [online spoken English](#) class and learn the skills to pass any interview with flying colors.

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**-By Shailja Varma**

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