



## Virtual Speed Networking / Speed Mentoring

Networking and career growth often work hand in hand. At Bow Valley College we want to build bridges so that our learners can form valuable connections with industry professionals.

### How it works

Speed Networking and Speed Mentoring events are designed to accelerate business contacts through introductions and conversations – at speed. During each rotation, participants have a set time to introduce themselves and learn more about the other participants in the group.

Participants have an opportunity to deliver their elevator pitch (see template below) and find out how they can be of service to each other including making introductions to others in their networks.

On discovering a shared interest, participants can exchange information. The benefit of speed networking and speed mentoring events are that they provide an opportunity to expand networks and allow participants to move on to another opportunity if no mutual connection is formed.

### Your elevator pitch (30 to 60 seconds)

An elevator pitch is a quick summary of yourself. It should include who you are, what sets you apart, what you can offer, and what you want to achieve.

Use this template to create your own elevator pitch:

“Hi, my name is \_\_\_\_\_ (**full name**). I’m a \_\_\_\_\_ (**name of program**) student/graduate from Bow Valley College. I have a background in \_\_\_\_\_ (**previous education or training**) and experience in \_\_\_\_\_ (**previous or current work experience**). I’m interested in pursuing a career in \_\_\_\_\_ (**industry/field**) and have done \_\_\_\_\_ (**extracurriculars, volunteering**). I’m excited to connect with other professionals in this field.”

Check the YouTube links below and research online for examples of elevator speeches:

<https://www.youtube.com/watch?v=hGkIVxwxrCk>

<https://www.youtube.com/watch?v=O6U9OGpvV78>

## **Be prepared**

- Keep an open mind. Quality insights, advice and connections can come from anyone in your group – regardless of their title, company or career level.
- Prepare the questions you would like to ask ahead of time.
- Get out of your comfort zone. Make a point to talk to several new people you haven't had conversations with before.
- Be authentic, natural and enthusiastic about engaging with a diverse group of attendees.

## **Virtual etiquette**

- To maximize your experience and as a courtesy to other attendees, you are expected to turn your camera/video on during the roundtable sessions.
- Be respectful of everyone's time so each person in the group can participate.
- Earphones are recommended to reduce background noise.
- Mute yourself when not speaking.

## **Conversation topics**

Below are a few suggested questions for the virtual speed networking / speed mentoring events:

- How did you get to your current position?
- Would you make the same career choices again? Why or why not?
- What advice would you have for someone considering your field or a similar position?
- What do you wish you would have known when you were starting out?
- Do you have any book recommendations?
- Do you currently have a mentor? What has been your experience with mentorship?
- Are there any professional organizations or groups in this industry that I could join?

## ***Research and add your own questions!***