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### **DISCLOSURE:**

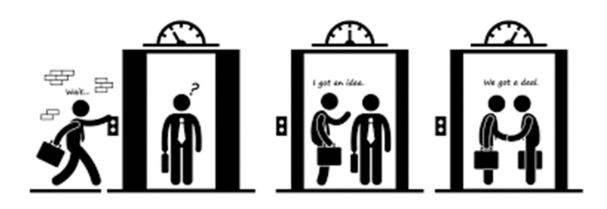
**Employed by Northwell** 

Faculty of Zucker School of Medicine @ Hofstra/Northwell

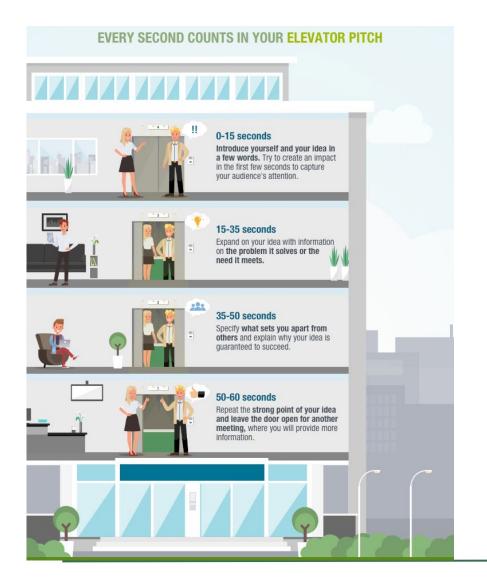
NYSAFP Board Member (Past President)

**AAFP Past President** 

Board Member: NQF/TJC; LI Red Cross, EAC Network







# Tailor it to different audiences!

01	Keep it simple
02	Focus on the benefits
03	Be specific
04	Practice, practice, practice
05	Have a call to action













<ul> <li>1. Greeting and Introduction (10-15 seconds) WHO</li> <li>- What to include: Your name, current position, and a brief mention of your expertise.</li> <li>- Purpose: Establish your identity and create a relatable connection.</li> <li>Example:</li> <li>"Hello, I'm Dr. Jane Smith, a cardiologist at City Hospital, specializing in hear</li> </ul>	

#### 2. Value Proposition (15-20 seconds) WHAT

- What to include: A concise statement about what you do and the impact of your work. Highlight your unique skills or experiences.
- Purpose: Communicate your professional value and how it benefits others.

#### Example:

"I am passionate about empowering patients through education and lifestyle changes to prevent cardiovascular diseases."	

#### 3. Personal Connection or Story (20-30 seconds) WHY

- What to include: Share a brief personal story or experience that led you to medicine or your specialty. This could be a challenge you overcame or a moment of inspiration.
- Purpose: Make your speech memorable and relatable by showing your human side. Example:

"Growing up in a family with a history of heart disease, I witnessed firsthand the importance of prevention. That experience inspired me to focus on educating others to make healthier choices."		

#### 4. Call to Action or Purpose (10-15 seconds) HOW

- What to include: Indicate what you hope to achieve through your interactions. This could be networking, collaboration, or seeking mentorship.
- Purpose: Encourage engagement and provide direction for your audience.

Example:

"I am here to connect with fellow women physicians who share a co	mmitment to improving patient
outcomes and to explore opportunities for collaboration."	

5. Closing (5-10 seconds) THANKS
- What to include: Thank your audience and invite further conversation.
- Purpose: Leave a positive impression and open the door for ongoing dialogue.
Example:
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"Thank you for your time. I look forward to sharing ideas and experiences with you all."

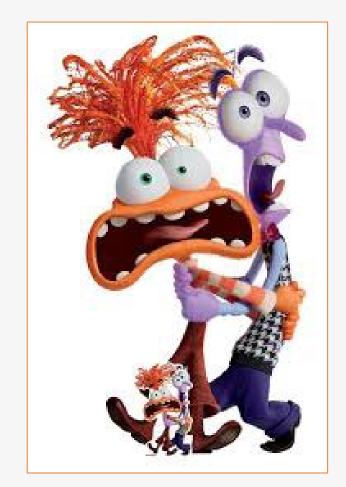


## Tips for Crafting Your Elevator Speech:

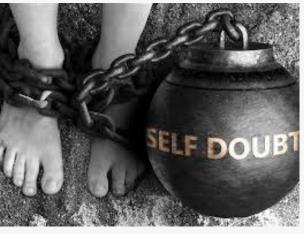
- Be Authentic: Use your own voice and experiences.
- **Practice**: Rehearse your speech to ensure smooth delivery.
- Be Mindful of Time: Aim for a total of 60-90 seconds.
- Tailor to Your Audience: Adjust your speech based on who you are speaking to.
- Use Clear Language: Avoid jargon and keep it accessible.

# Overcoming Common Challenges

- nerves and anxiety
- self-doubt
- -interruptions or questions







### Thank You!!!

@tilimd
#YouveGotThis





