



# Introducing Yourself

Public speaking can be a challenge to many people. If that's your case, we've put together a few guidelines to help you when introducing yourself in a volunteer opportunity.

Understanding PVN and what it's all about is the first step to plan your introduction as a Patient Partner, so reading this brief overview of the Network may be useful:

## Who is Patient Voices Network (PVN)?

PVN is a community of patients, families and caregivers working together with health care partners to improve BC's health care system.

## What does PVN do?

PVN connects people who have patient, family, or caregiver experience with health care teams in activities like as focus groups, educational materials reviews, advisory committees that are focus on improving communication with the public and increasing the quality of health care.

## Where is PVN located? When do we participate?

PVN is a virtual network with Patient Volunteers across British Columbia.

## When do we participate?

That all depends on us. What interests do we have? What time do we have to volunteer? Opportunities are sent out to PVN Members on a weekly basis and we can RSVP our interest. Each opportunity is unique and based on the needs of the health care system.

## Why is PVN important?

PVN gives those that use the system the opportunity to provide input into health care services and programs. We know that working together with Health Care Partners leads to better patient-centred health care.

## Use a 30 second elevator pitch

Before planning what you'll say, think of who you are representing. As a PVN Member, you're bringing your own experiences as a patient, family member, or caregiver to health care improvement initiatives. You aren't expected to represent all patients and all situations. We want you to express your story in the most meaningful way, is by using a Message Pyramid to build your 30 Second Elevator Speech.

Your Engagement Leader is available to support you. You can reach us at [pvn@bcpsqc.ca](mailto:pvn@bcpsqc.ca) or 1.877.282.1919

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The purposes of an elevator speech are to:



- Tell your story in a brief, but powerful way.
- Identify yourself as informed, credible and a valuable member of the team.
- Determine what the audience wants (or needs) to know about you and why you are there.

The “inverted pyramid” is a strategy that journalists use when writing news stories, and it can also help you tell your story to a group of people. The idea is to start from the core information, then important details and, in the end, to add some background information if there’s enough time left.

## Plan:

After getting up to date with the information about PVN and your role as a PVN Member, it’s a good idea to take a couple of minutes to briefly write down how you want to introduce yourself at a focus group. You might want to consider the following points:

### Why is PVN important?

Start with the most newsworthy part - This should start with a brief introduction including your name and your association with PVN. Anything that will grab the interest of the group.

Add your and PVN details - Include your experience with PVN, the patient engagement opportunities you have been involved with, and/or experiences as a patient partner.

Other general info – i.e. Why did you want to be a part of this activity? What do you bring to the table?

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