

COVER LETTERS

Demonstrate your fit.



SCHOOL OF
PUBLIC HEALTH
Office of Career Services

WHAT IS IT

A cover letter allows you to express your interest in and enthusiasm for the position and the organization. Always include a cover letter when submitting your application, even if they do not ask for one. **The cover letter, if done correctly:**

- Allows you to highlight skills or experiences that are especially relevant to the position
- Demonstrates your written communication skills
- Strengthens your chances of securing an interview

DETAIL MATTERS:

- Use same header from your resume
- Use left align block formatting
- Always use specific person's name

OPENING ARGUMENT:

- Show interest in the specific position
- Mention the name of a common connection
- Demonstrate research on the organization
- Summarize why you are a good fit

EMPHASIZE KEY SKILLS:

- Select one or two skills that align with the job posting
- Share experiences illustrating your ability

FOLLOW-UP:

- Summarize your fit once more
- Restate your contact information
- Indicate a follow-up plan (and do it)
- Thank them for their time and consideration

NOTATION AND SIGNATURE

- Indicate your resume accompanies your cover letter by including Enclosure
- Personalize your salutation by scanning your signature

COVER LETTER TIPS

Proofread to ensure it is error-free • Tailor each and every letter • Save letter as a PDF • Keep to a single page • Always follow-up

Lucy Johnson

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May 5, 2023

Crimson Fitness and Wellness, Inc.
Director of Human Resources
Attn: Mr. Damon Smith
6745 Steamer Drive, Suite 2400
Chicago, IL 60111

Dear Mr. Smith,

With enthusiasm, I am submitting my application for the Wellness Coach position with Crimson Fitness and Wellness. I learned about this position from Sam Taylor, one of your current Wellness Coaches. I believe my strong background in fitness, ACE certification, and hands-on experience will allow me to contribute significantly to the Crimson team.

I understand the primary focus of Crimson Wellness Coaches is their individual and class coaching programs. This past year I completed an internship with Body Fitness in Minneapolis, MN where I gained experience in both of these areas. At Body Fitness I had the opportunity to work with a variety of clients in both one-on-one and larger class settings. I developed an entirely new fitness class program, marketed it, and assisted in the facilitation. The attendance surpassed past program records within the first three months of its start date. In addition to developing the new program, I also collaborated with a team on the design of a new incentive program which is currently being used by Body Fitness.

Additionally, I am currently serving as the Alumni Relations Chair of Alpha Sigma Alpha at Indiana University. In this role I have been able to hone my teamwork skills. As the chair, I have contributed to an increase in fundraising efforts and have successfully planned and implemented six educational and social programs for chapter members and alumni in collaboration with my four member committee. I also have years of customer service experience which will translate well into the customer service aspects of being a Crimson Wellness Coach.

Fitness is my passion, and I strive to bring that passion to Crimson Fitness and Wellness. I believe that my education, skills, and experience make me an excellent candidate for the Wellness Coach position. Enclosed is my resume that further outlines my education and work experience. I will follow-up within two weeks to check on the status of my application. Should you have any questions, please call me at (555) 555-5555 or e-mail me at johnsonl@gmail.com. Thank you for your time and consideration.

Sincerely,

Lucy Johnson

Lucy Johnson
Enclosure

WRITTEN CORRESPONDENCE

Brainstorm your cover letter.

OUTLINE YOUR COVER LETTER

Tailoring each cover letter and writing a well-written document requires thoughtful consideration to be a competitive applicant. Guide the employer toward your most relevant skills and experiences and demonstrate ability in important competency areas.

Use the following worksheet to brainstorm your ideas, identify your relevant skills and experiences, and outline a cohesive written document.

Brainstorming ideas:

INITIAL IDEAS

Cover Letter

How did you learn of position?

Who do you know?

Why interest?

Skill #1

Skill #2

SKILLS TO HIGHLIGHT

Cover Letter

What are 2-3 relevant skills
qualifying you for this job?

Anecdote #1

Anecdote #2

ANECDOTES TO ALIGN

Cover Letter

What anecdotes will you
use to illustrate your ability/
understanding in these key areas?
How will they enable you to be
successful in position?

Closing ideas:

CLOSING

Cover Letter

How will you reemphasize skills?

What is your follow-up plan