



# Candidate guide

Step by step



**2**  
**MINUTES**  
**MAX**

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Click on a section to go directly to it

- 1** Create your account
- 2** Record a first practice video
- 3** Use the notes feature
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# 1 Create your account

Your free personal account



**Which account would you like to create?**

[Candidate](#) [Professional](#)

Already registered?  
[Log in !](#)



**Helpful tip**

Click on "Candidate"  
to create your  
free account

First name\*

Emily

Last name\*

CARTER

Email address\*

██████████@gmail.com

Password\*

.....

I am creating my account as part of...\*

Speculative application

Phone number

+44 7712 345678 (optionnal)

To not miss an opportunity! 📞 Your phone number will never be shared or used for commercial purposes.

Sign up

Already registered? Log in !



Helpful tip

Please specify why you are creating your account: the name of your school, a job offer, a speculative application, a workshop, etc.



**IMPORTANT: Please confirm your email address.**

**Don't forget to check your spam folder!**

## Validation de l'adresse mail pour 2 Minutes Max



**2 Minutes Max No-Reply** <contact@2minutesmax.com>

À moi ▾

Bienvenue sur 2 Minutes Max !

Pour finaliser votre inscription, vous devez confirmer votre adresse mail en cliquant sur ce lien :

<https://app.2minutesmax.com/login?guid=851422c5-b474-49f2-a770-6c22a9f8460c>

En utilisant nos services, vous acceptez d'en respecter les conditions générales d'utilisation.

À très bientôt sur notre plateforme,

L'équipe 2'MAX

---

Welcome to 2 Minutes Max!

To finalize your registration, please verify your email address by clicking this link :

<https://app.2minutesmax.com/login?guid=851422c5-b474-49f2-a770-6c22a9f8460c>

By using our services, you agree to comply with the terms and conditions of use.

See you soon on our platform,

The 2'MAX Team



### Helpful tip

Click on the link sent to your email. Your account will be automatically confirmed.



Email address\*

Password\*

[Forgot password?](#)

Login

No account yet?

[Sign up!](#)



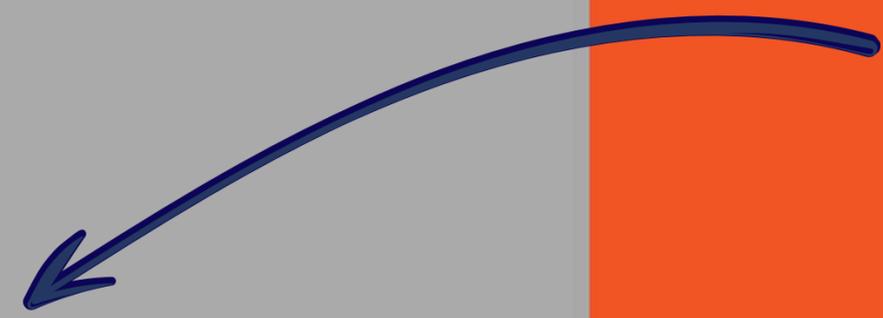
## **2** Record a first practice video

You can re-record your video as many times as you like



+

Create your free profile



**Helpful tip**

Click here to create your profile and record your first practice video.

**Try premium** ⚡

Get 4 independent profiles simultaneously.  
Track the views of your profiles by companies

Learn more

10 days free



### New profile

Profile name\*

Emily

Country\*

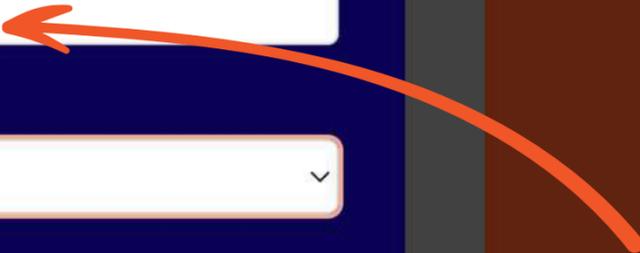
United Kingdom

Language\*

English

Cancel

Create



#### Helpful tip

Your profile name is for your personal use only. It will be useful if you have a premium account and manage multiple profiles.

Create your free profile

### Try premium ⚡

Get 4 independent profiles simultaneously. Track the views of your profiles by companies

Learn more

10 days free



< Return to my profiles

Emily

- i** You will be able to:
- make as many attempts as you want.
  - control the privacy of your video.
  - disable, update or delete your 2'MAX at any time.

Start Practice



**Helpful tip**

You can click on "Start" and record a quick practice video to make sure everything works properly. Only you will be able to see this video.

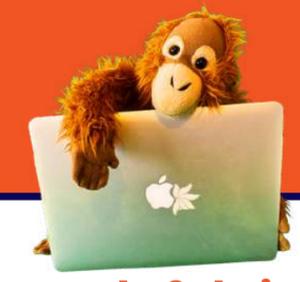




Return to my profiles

Emily

- i** You will be able to:
- make as many attempts as you want.
  - control the privacy of your video.
  - disable, update or delete your 2'MAX at any time.



**Helpful tip**

You can use the training module afterwards if you're not sure how to structure your pitch.



Start Practice



# Online Training

Prepare your pitch with our free support modules



## Helpful tip

Remember to copy the text from your practice pitch and paste it into the notes section of your 2 Minutes Max video.

 Not easy to pitch yourself in 2 minutes? We guide you step by step!

 Choose the program tailored to your situation and progress easily. The training sessions allow you to finalize your notes that will then be visible during recording on the 2 Minutes Max platform.

**app.2minutesmax.com** wants to

- Use available cameras (2)
- Use available microphones (3)

 Preview

Caméra FaceTime HD (2C0E:8... ▼

Microsoft Teams Audio Device... ▼

Allow while visiting the site

Allow this time

Never allow

### Choose an avatar

who you can look at while speaking

None			
			

Next

Guide My account Premium



#### Helpful tip

Make sure to allow access to your camera and microphone, whether you're using a phone or a computer.



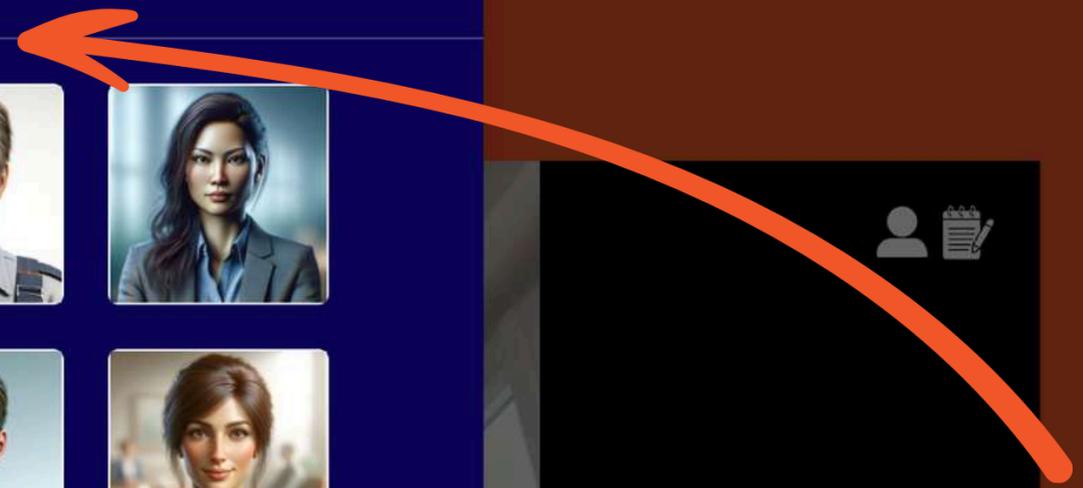
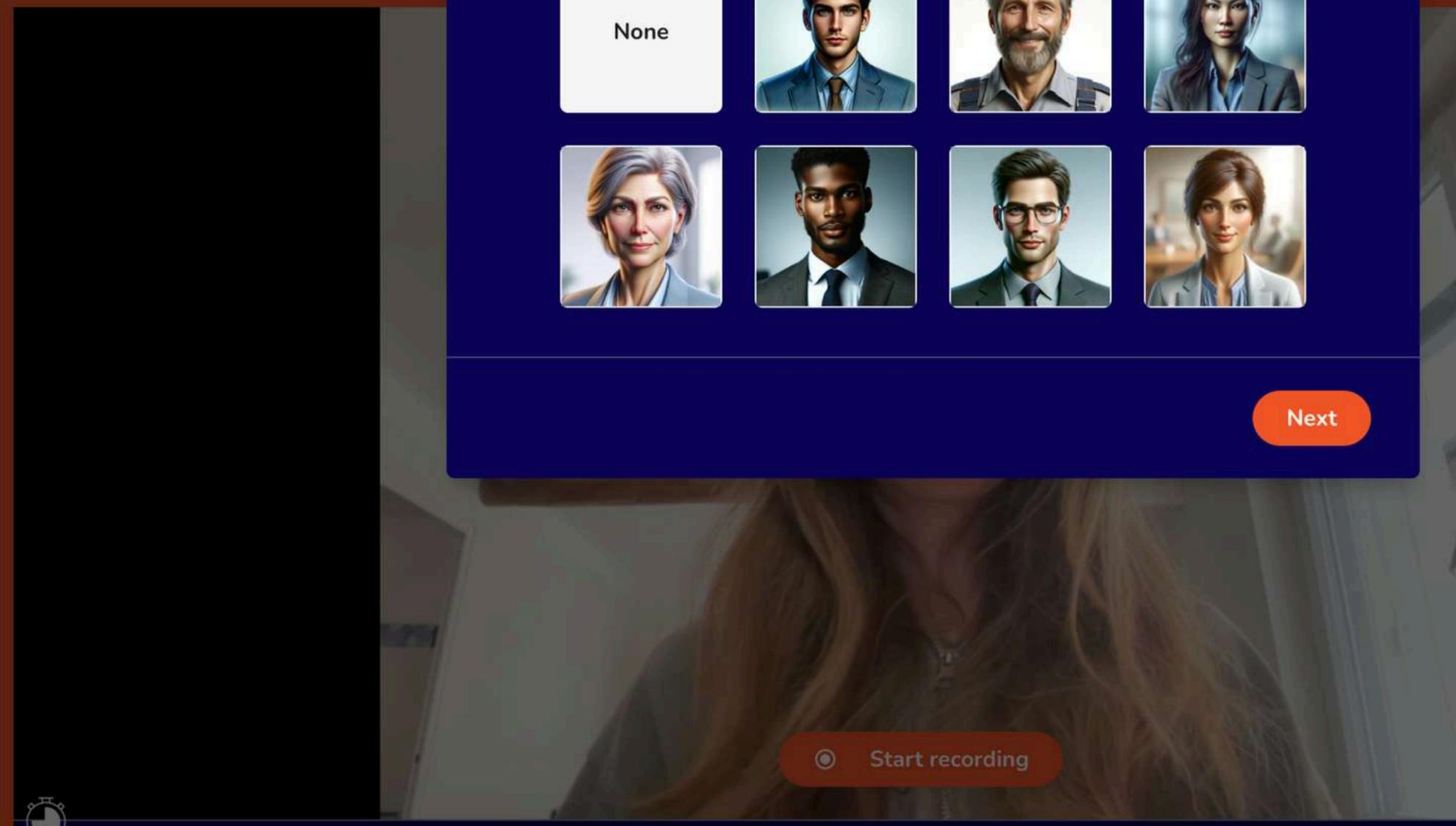
**Choose an avatar**  
who you can look at while speaking

None   

Next

Go back



**Helpful tip**

If you'd like to have a face in front of you while speaking to the camera 🙋



## 3 Use the notes feature

They will be visible during the recording.



### Any notes to help you during the take?

Emily  
Sales professional with 15 years' experience  
Currently seeking an administrative position  
Reliable – punctual – discreet – well organised  
Based in Manchester, available across the North West region  
Strong interpersonal skills – happy to tell you more!

Previous I'm ready!

Start recording

Go back

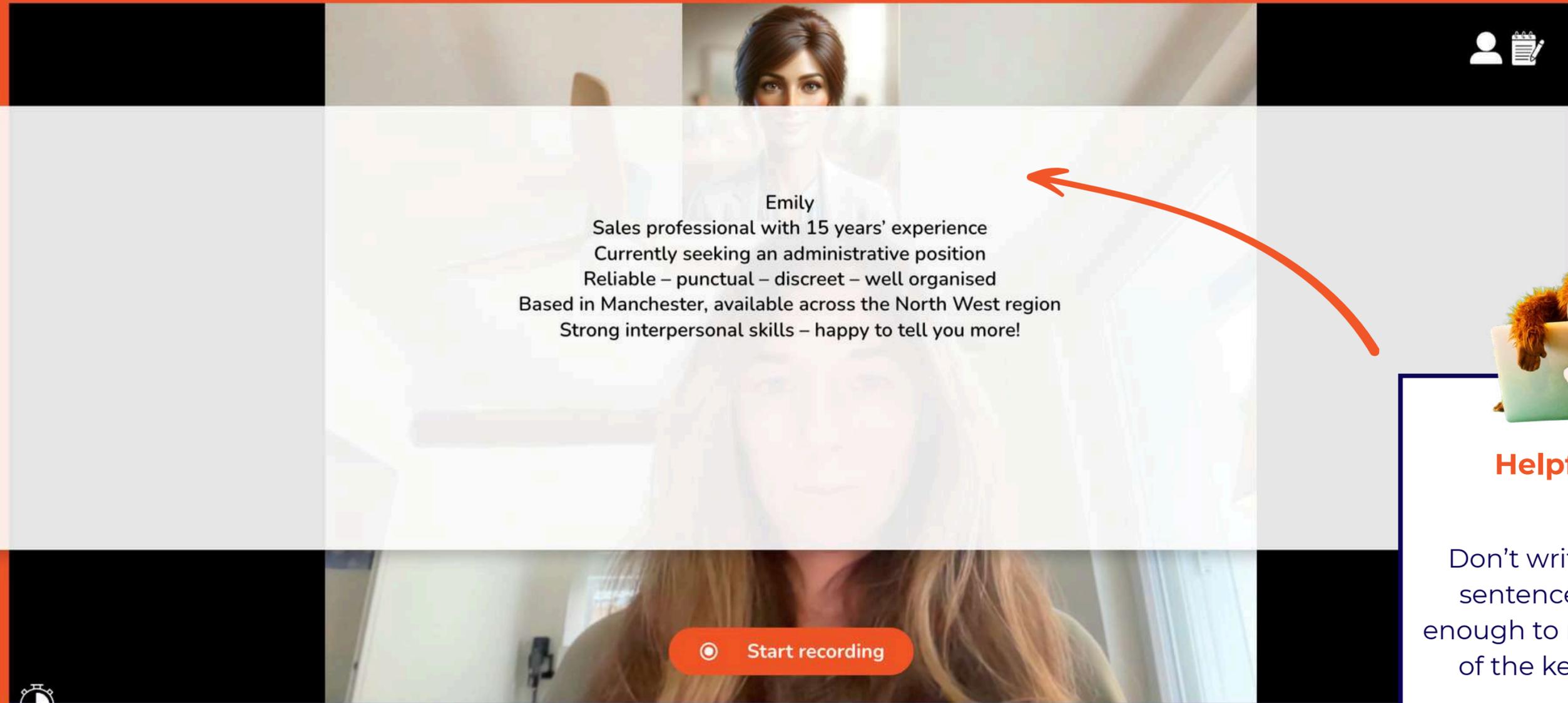


#### Helpful tip

Write here what you would like to remember to say in your video. The notes will appear in front of you while you are speaking.



Go back



Emily  
 Sales professional with 15 years' experience  
 Currently seeking an administrative position  
 Reliable – punctual – discreet – well organised  
 Based in Manchester, available across the North West region  
 Strong interpersonal skills – happy to tell you more!

Start recording



Helpful tip

Don't write out full sentences — just enough to remind you of the key points.



Go back

**Emily**  
 Sales professional with 15 years' experience  
 Currently seeking an administrative position  
 Reliable – punctual – discreet – well organised  
 Based in Manchester, available across the North West region  
 Strong interpersonal skills – happy to tell you more!



**Helpful tip**

Move the notes window higher up so you can look slightly upwards — unless you prefer to have the notes directly in front of your face while speaking.



Start recording



Go back

Emily

Sales professional with 15 years' experience  
Currently seeking an administrative position  
Reliable – punctual – discreet – well organised  
Based in Manchester, available across the North West region  
Strong interpersonal skills – happy to tell you more!



Helpful tip

3-2-1... Let's go!  
Smile and record your first practice attempt...



Go back

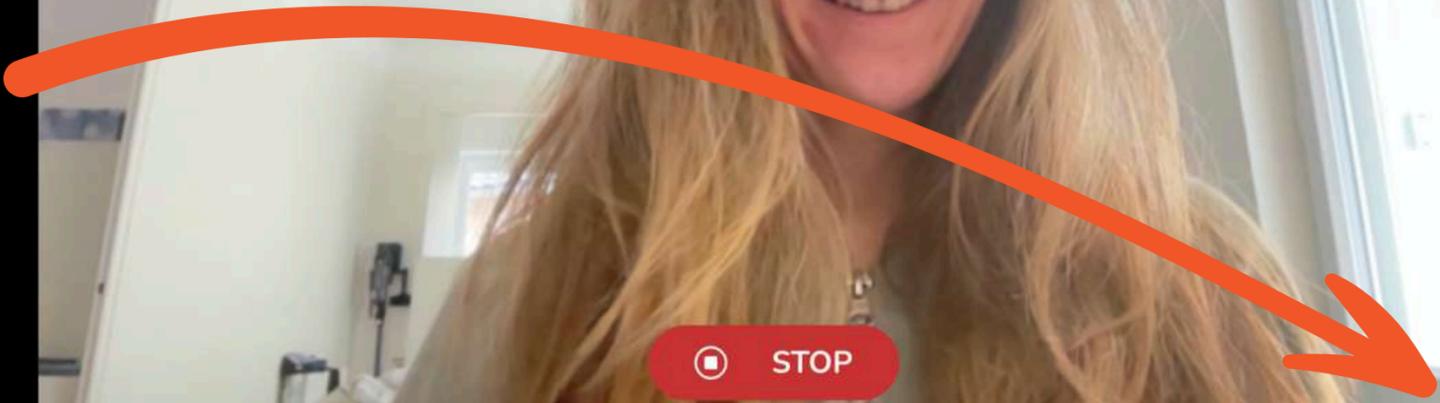
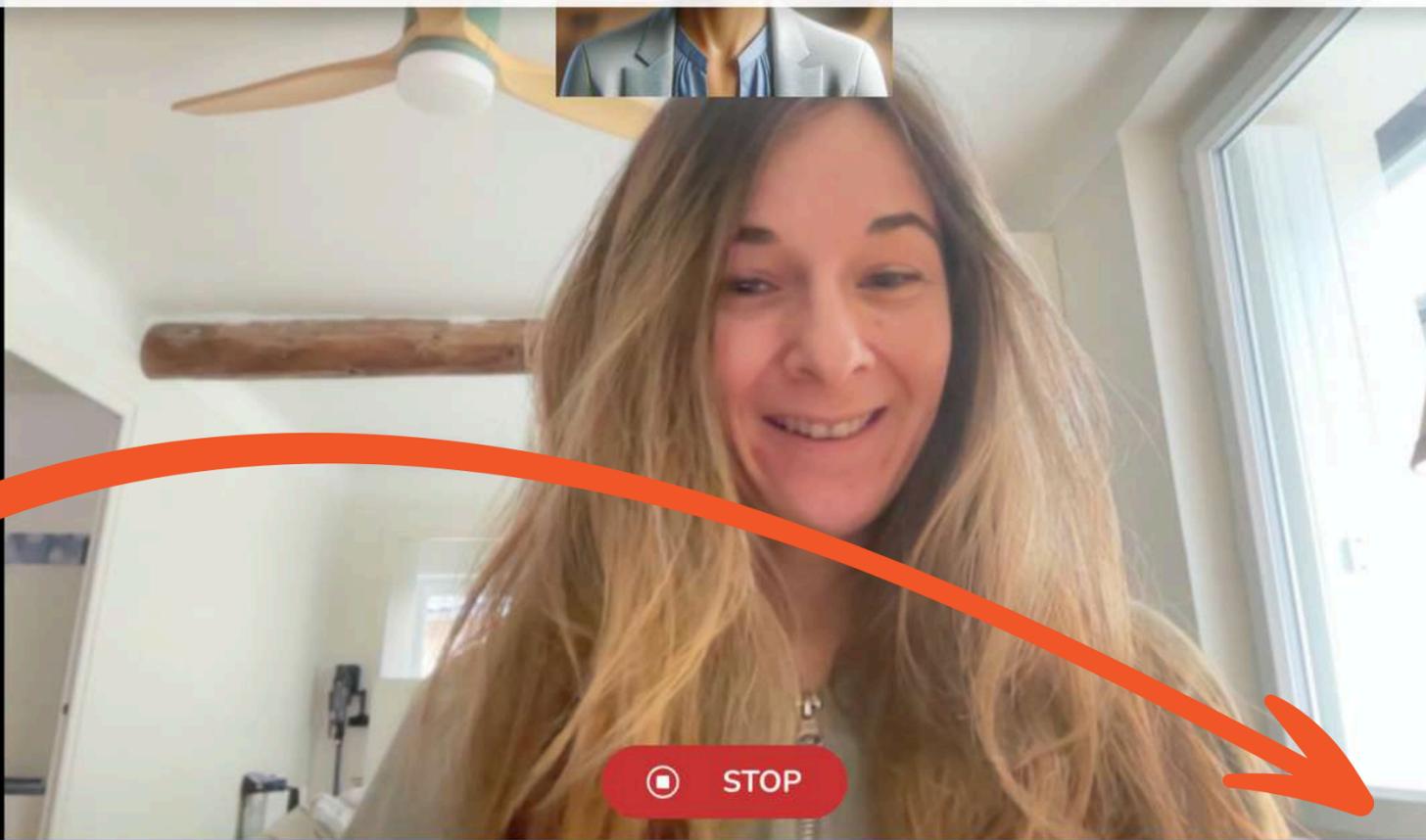
Emily

Sales professional with 15 years' experience  
Currently seeking an administrative position  
Reliable – punctual – discreet – well organised  
Based in Manchester, available across the North West region  
Strong interpersonal skills – happy to tell you more!



Helpful tip

The remaining time is shown at the bottom — you don't need the full two minutes to make someone want to meet you!

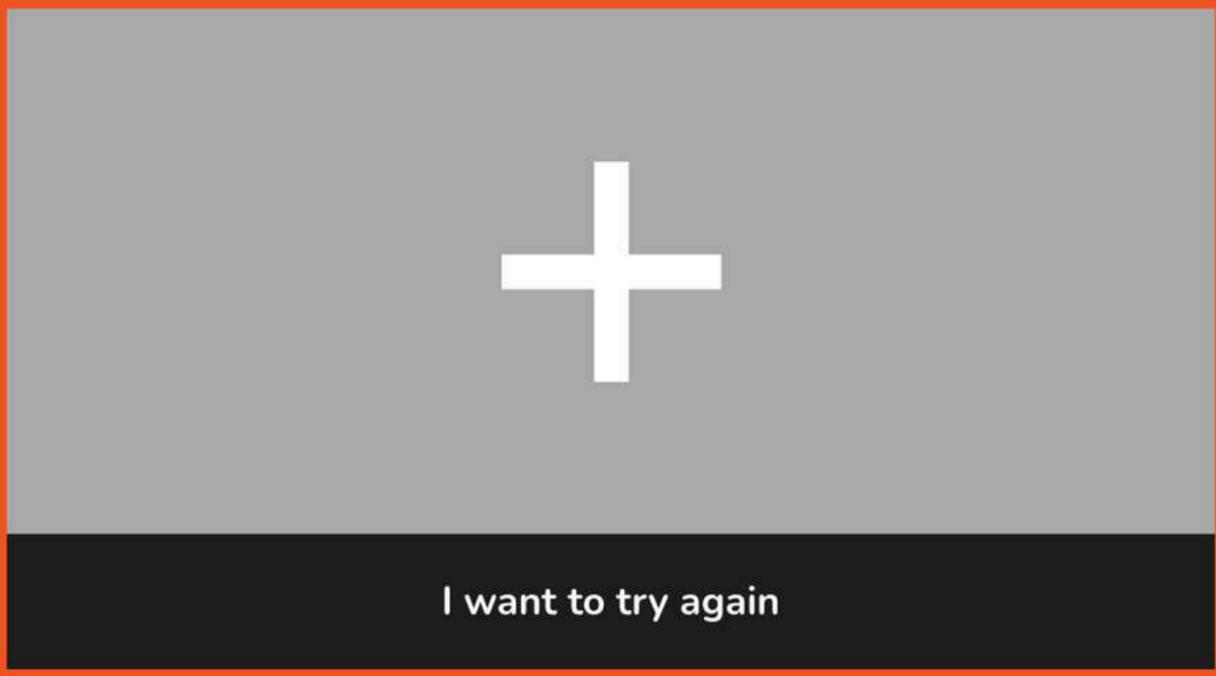
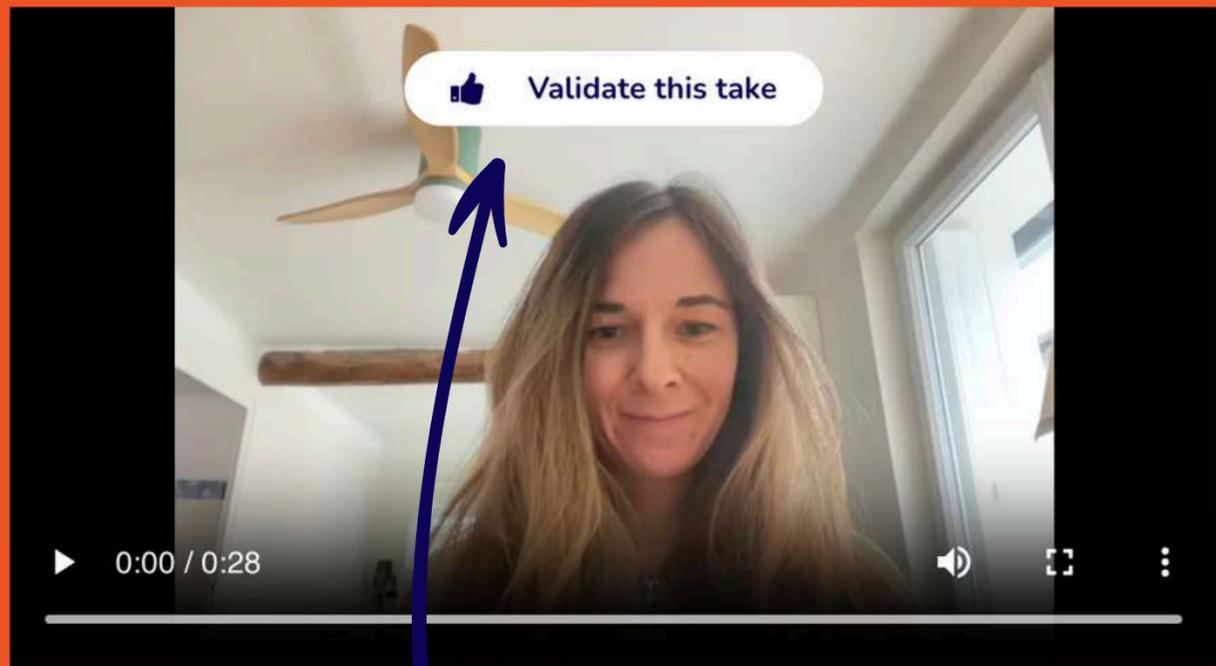
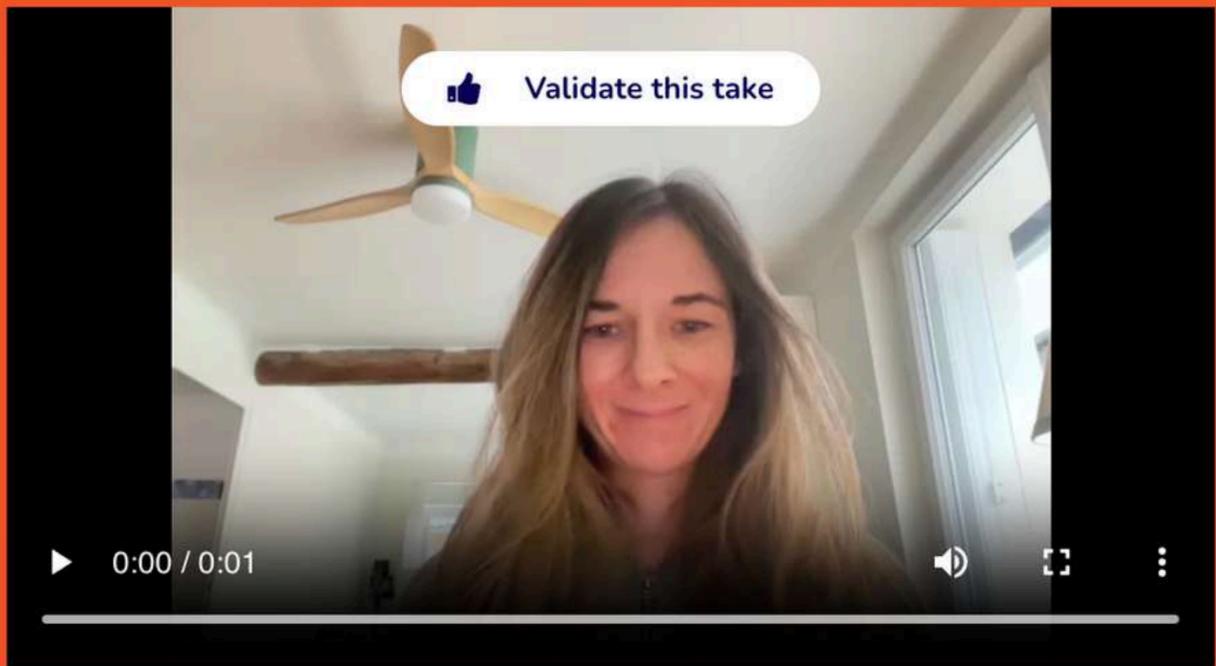




## 4 Validate your video

You can still re-record it even after this step.

# Which take do you choose?



I prefer to start over...



**Helpful tip**

Choose the take you prefer, at least to try it out — you can record a new one whenever you like!

[Return to my profiles](#)

Emily   

 Retake video

 Update thumbnail

0:00 / 0:28

 SHARE

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

 Share on LinkedIn

 QR code for my CV





# 5 Activate / deactivate

Stay in full control of your image.

You can deactivate / reactivate your profile at any time

You can re-record your video as many times as you like, even after sharing the link

# Decide who gets to see your 2'MAX video!

Be careful – if you don't share it with anyone, no one will see it!

 **Viewing key: your personal password**  
To allow any company to open your 2'MAX link

The link: send it by email or copy it wherever you need

A PDF that replaces your cover letter!

Share your link directly on LinkedIn

Download the QR code to add it to your CV

Emily   

 Retake video

 Update thumbnail



 SHARE

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

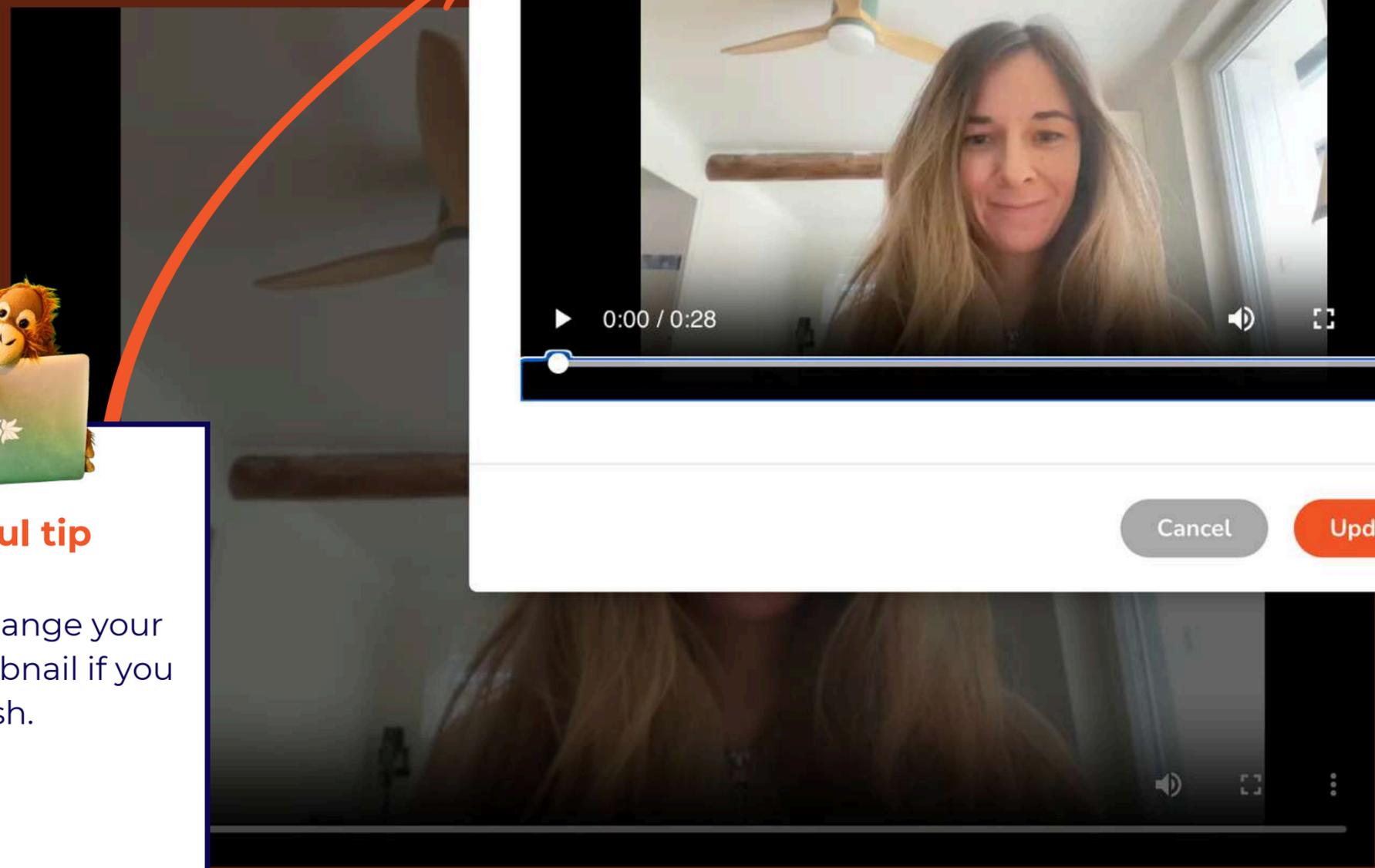
 Share on LinkedIn

 QR code for my CV

[Return to my profiles](#)

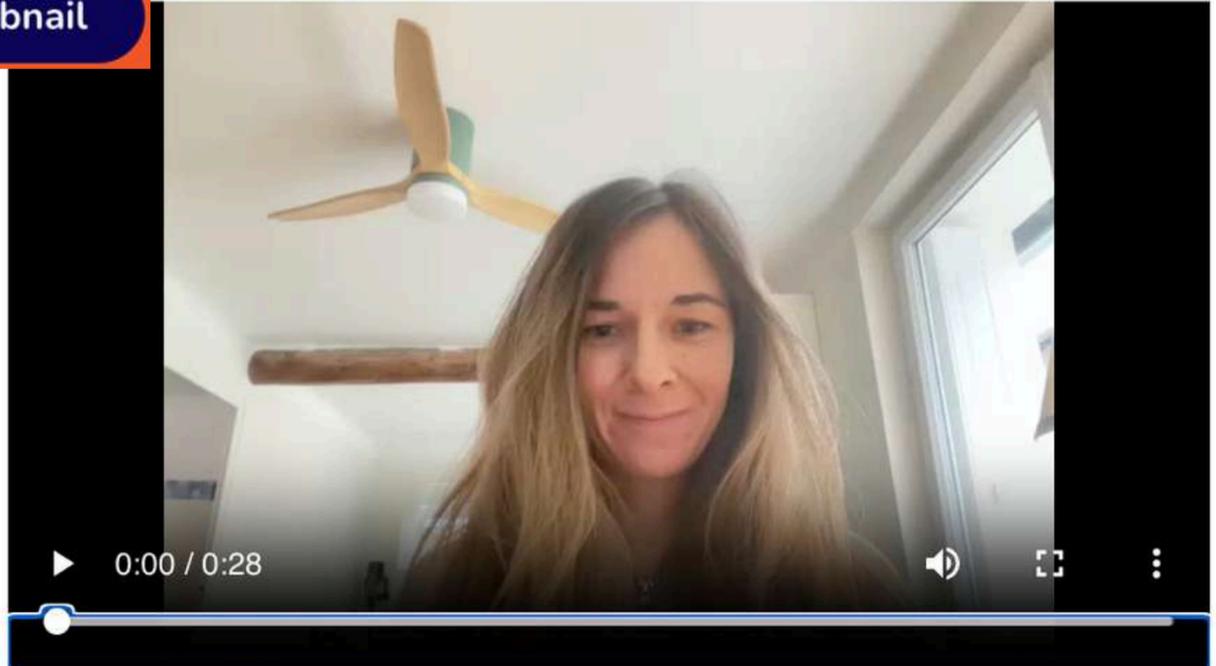
Emily   

 Retake video  Update thumbnail



**Profile thumbnail** ✕

Navigate through your video below, choose the image you like, then click the "Update" button to set it as the new profile thumbnail.



▶ 0:00 / 0:28   

Cancel Update

 **Update thumbnail**

 **SHARE**

Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

 Share on LinkedIn

 QR code for my CV



**Helpful tip**

You can change your video thumbnail if you wish.

[Return to my profiles](#)

Emily

Retake video

Updat

Are you sure you want to disable your profile? This action is reversible at any time.

Annuler

Valider

SHARE

Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

Copy link

PDF

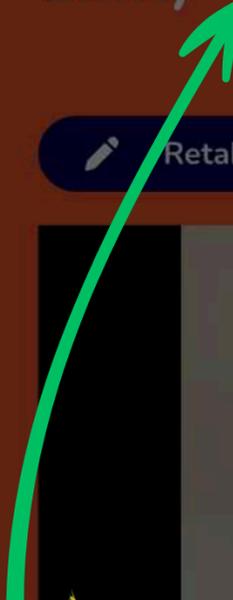
Share on LinkedIn

QR code for my CV



### Helpful tip

This green button allows you to temporarily disable access to your 2'MAX, even after you've shared it



Are you sure you want to delete your profile?

Annuler Valider

< Return to my profiles

Emily   

-  Retake video
-  Update thumbnail

 SHARE

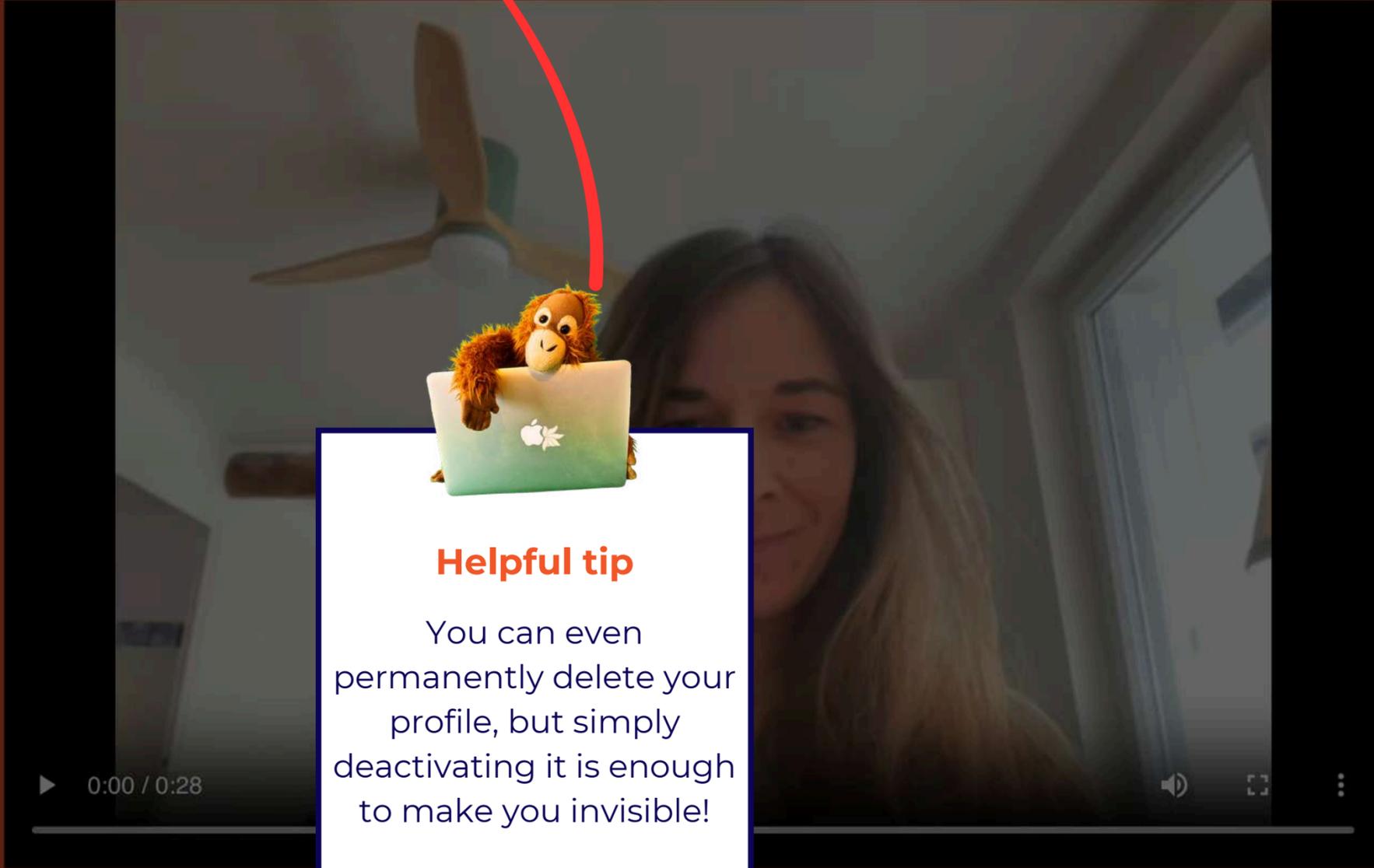
 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

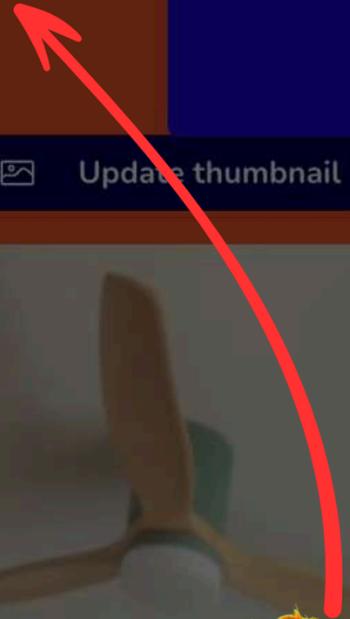
 Share on LinkedIn

 QR code for my CV



**Helpful tip**

You can even permanently delete your profile, but simply deactivating it is enough to make you invisible!





# 6 Share your 2'MAX link

How to apply to companies

[Return to my profiles](#)

Emily   



**Helpful tip**

Select "Copy link" to send it by email or paste it into an application form.

 Retake video



 The sharing link of your profile has been copied to your clipboard.

 **SHARE**

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

 Share on LinkedIn

 QR code for my CV



À : hr@company.co.uk ▾

Cc :

Objet : Speculative Application

De :

Tahoma ▾ Normal ▾ 12 ▾   **B** *I* U ~~S~~     ▾  

Dear Sir or Madam,

Please find my CV attached.



CV.pdf  
341 ko

To discover my profile in my 2 minute max video, simply follow the link below.  
The viewing key is: 850-1F8.

<https://app.2minutesmax.com/profile-share/2f22fcda-8353-484e-b389-9240180db93c>

I would be delighted to discuss my application with you.

Kind regards,  
Emily Carter



### Helpful tip

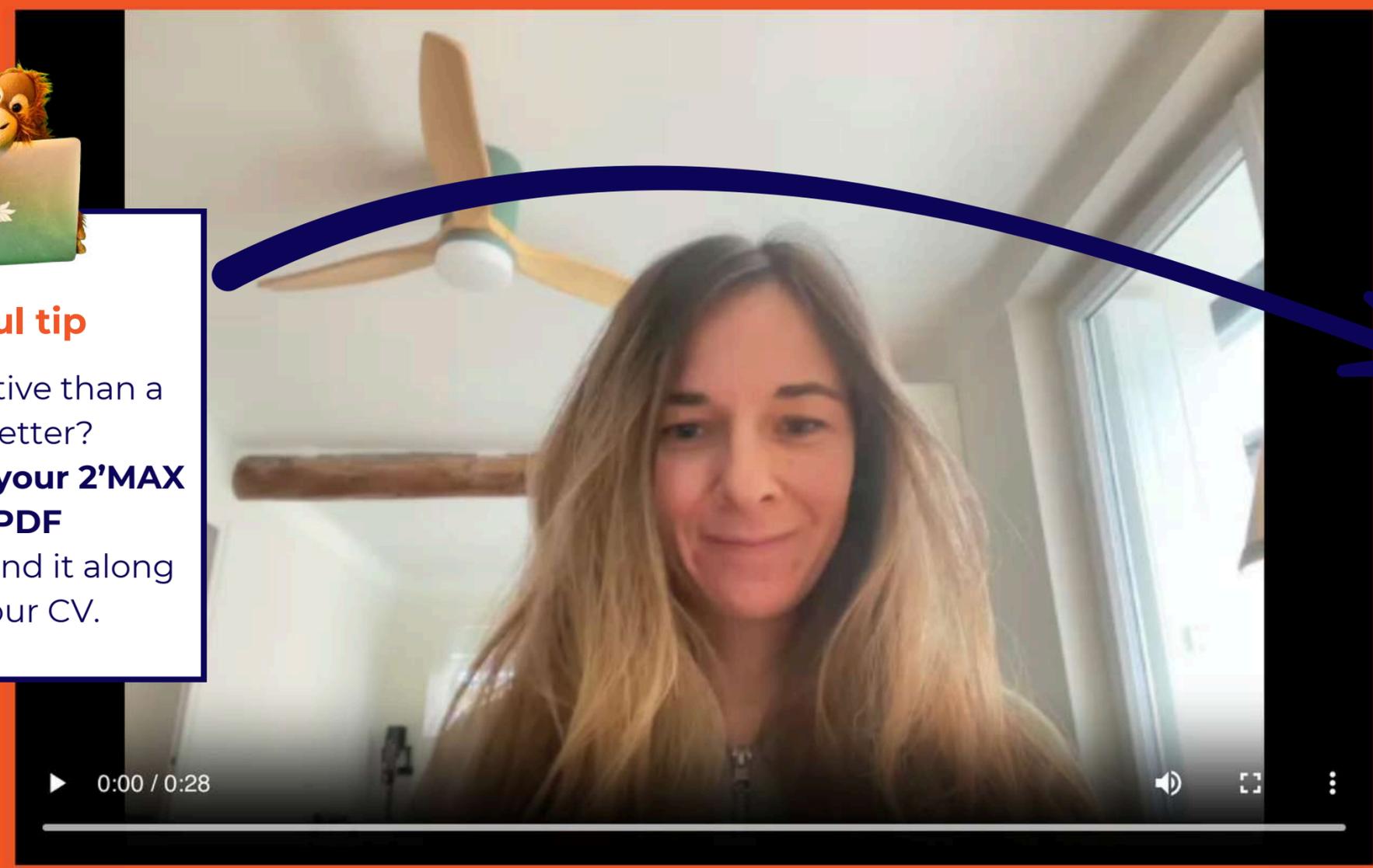
Don't forget to include the viewing key along with the link, so the recipient can watch your video even if they are not subscribed to 2 Minutes Max.

2\_MAX.pdf  
333 Ko · OK

Emily   

 Retake video  Update thumbnail

 SHARE



**Helpful tip**

More effective than a cover letter?  
**Download your 2'MAX as a PDF**  
here and send it along with your CV.

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF To send it instead of a cover letter

 Share on LinkedIn

 QR code for my CV





**2 MINUTES MAX**

**SECURE VIDEO PITCH**



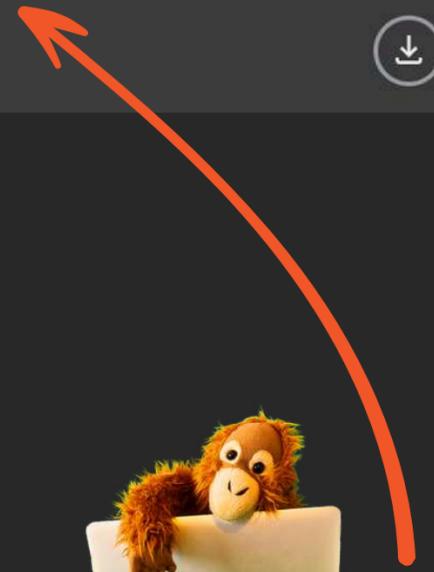
 Marie Laz <small>France Français</small>	 Panim <small>France Français</small>	 Guy Langlet <small>France Français</small>	 Alexia DECUREY <small>France Français</small>
 Emilie Canu-Rivier <small>France Français</small>	 Juliette Bernard <small>France Français</small>	 Sarah Saint-Albin <small>France Français</small>	 Marie Laz <small>France Français</small>

Emily CARTER  
Access key: 850-1F8



**Helpful tip**

The PDF downloads automatically to your computer or phone, and the viewing key is already included!



À : hr@company.co.uk ▾

Cc :

Objet : Speculative Application

De :



Dear Sir or Madam,

Please find my CV attached, and my motivation video in 2 minutes max.



CV.pdf  
10 ko



2\_MAX.pdf  
341 ko

I would be delighted to discuss my application with you.

Kind regards,  
Emily Carter



**Helpful tip**

Everything about you is already in your CV and your 2'MAX.

Take the opportunity to personalise your email.

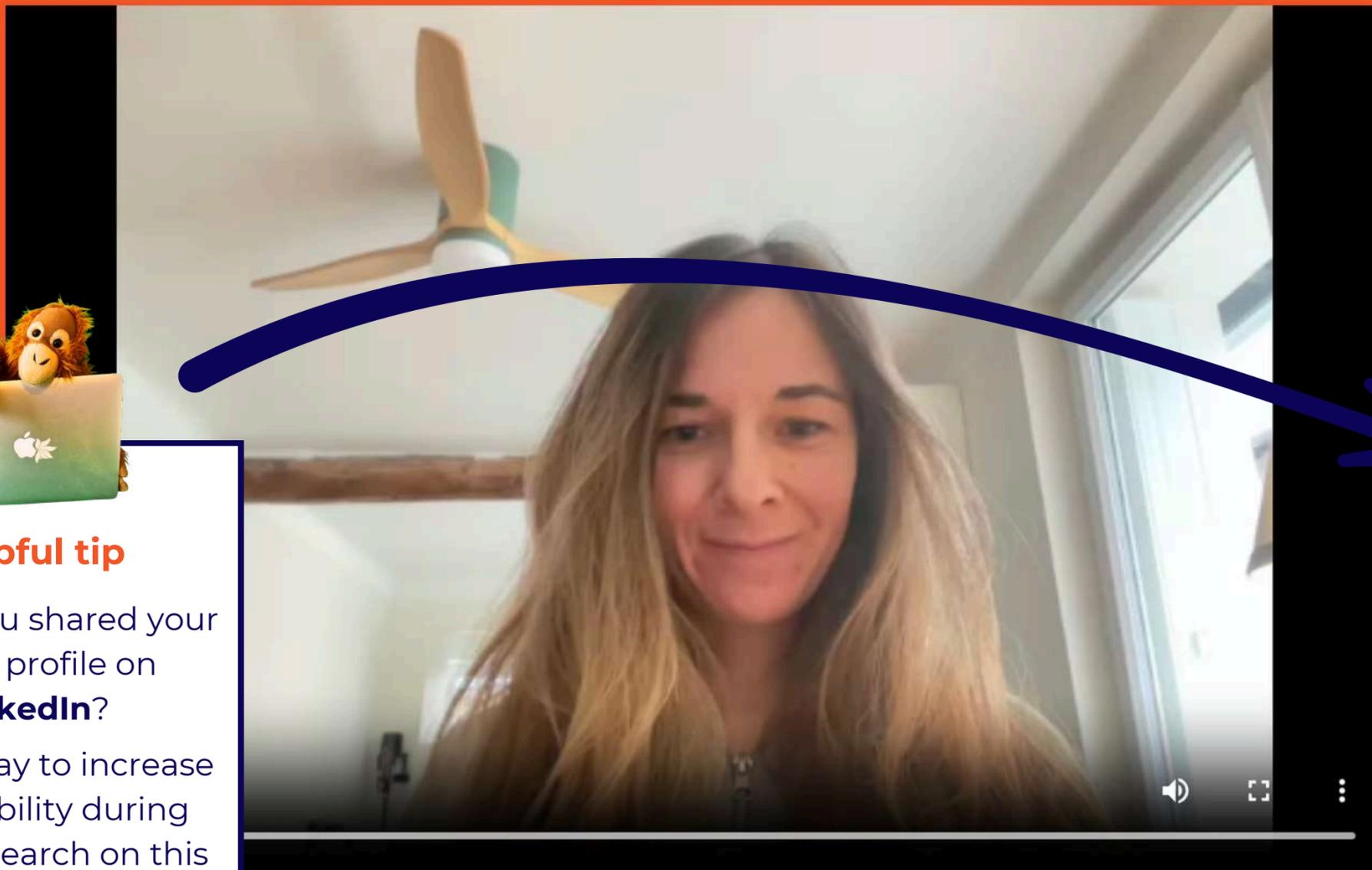
[Return to my profiles](#)

Emily 🟢 ✎ ✖

✎ Retake video

🖼️ Update thumbnail

📧 SHARE



🔒 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

🔗 Copy link

📄 PDF

🌐 Share on LinkedIn

📄 QR code for my CV

2'MAX allows the human dimension to be integrated at the beginning of the relationship between the candidate and the company.



### Helpful tip

What if you shared your 2'MAX profile on **LinkedIn**?

A great way to increase your visibility during your job search on this professional network.





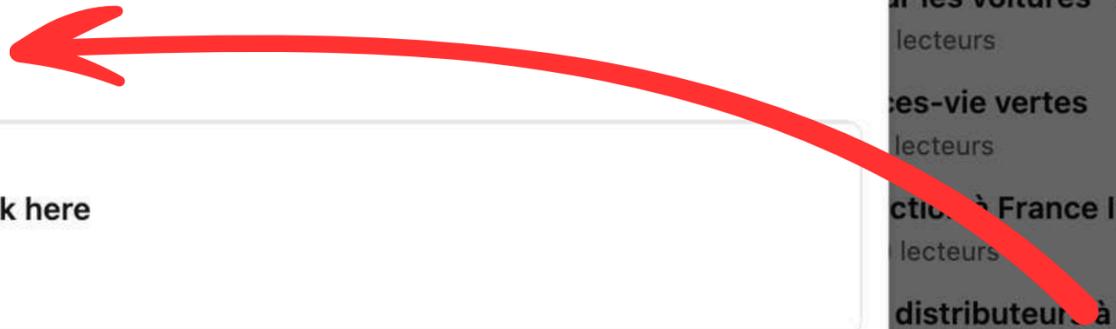
Marine Duranton  
Visibilité : Tout le monde

Cher réseau,  
Découvrez-moi en vidéo !  
Voici ma clé de lecture : 433-30F



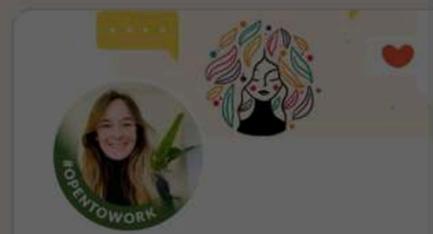
Secure video pitch - Click here  
app.2minutesmax.com

Publier



Helpful tip

The viewing key to make your video accessible, and a message that reflects who you are to catch attention!



Marine Duranton  
Rédactrice Web / Experte SEO  
Community manager  
Mions, Auvergne-Rhône-Alpes

Vues du profil  
Impressions de posts

Mes pages (2)

Lianeli  
Activité

VitaDeco  
Activité

Développez votre entreprise plus rapidement

Essayer la page Premium  
Faire de la publicité sur LinkedIn

Éléments enregistrés

Groupes

Newsletters

Événements



JAE Europe

Marine, développez votre activité professionnelle en suivant l'actualité de...  
Restez au courant de l'actualité et des tendances du secteur



Messagerie

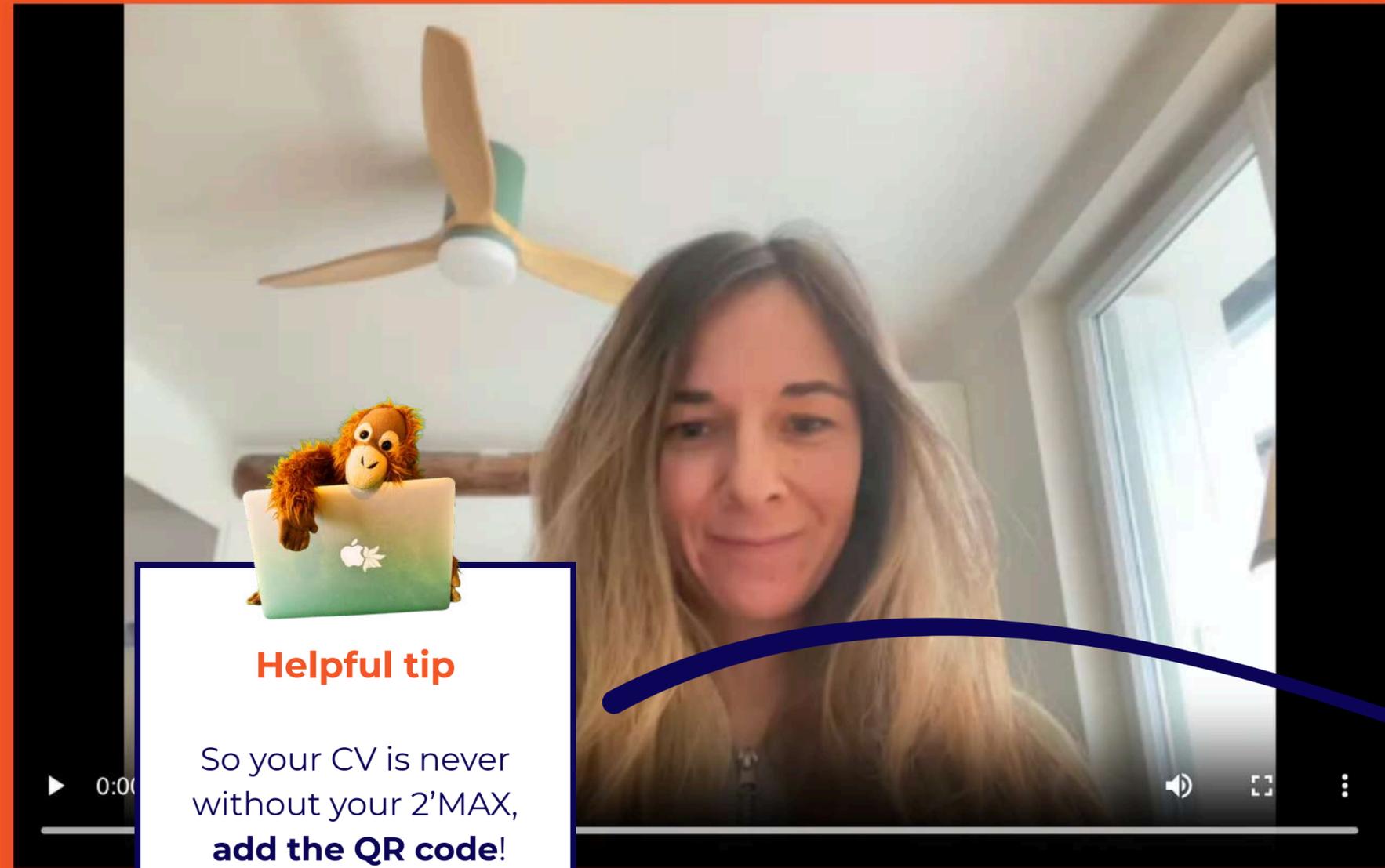
[Return to my profiles](#)

Emily   

 Retake video

 Update thumbnail

 SHARE



**Helpful tip**  
So your CV is never without your 2'MAX, **add the QR code!**

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

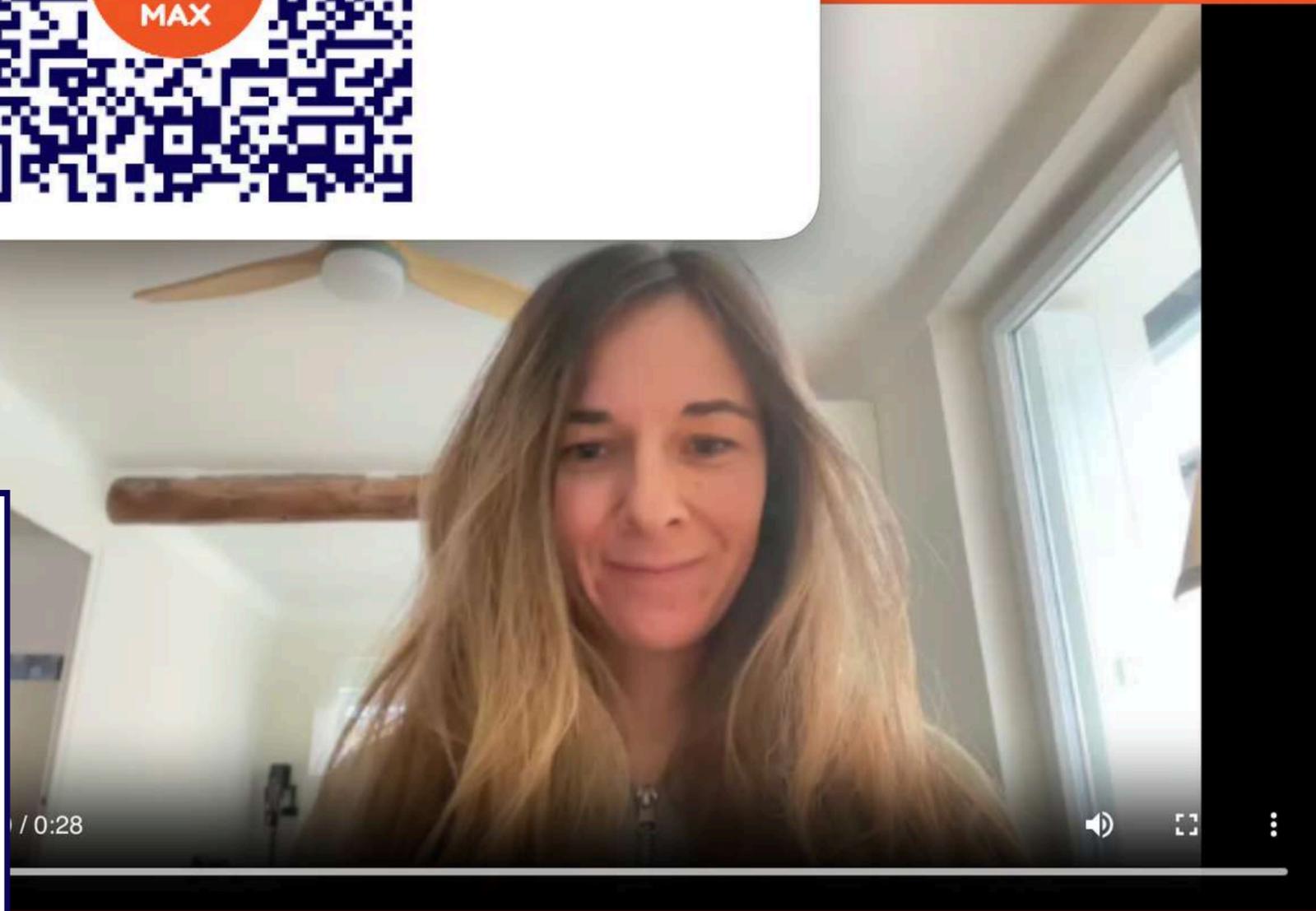
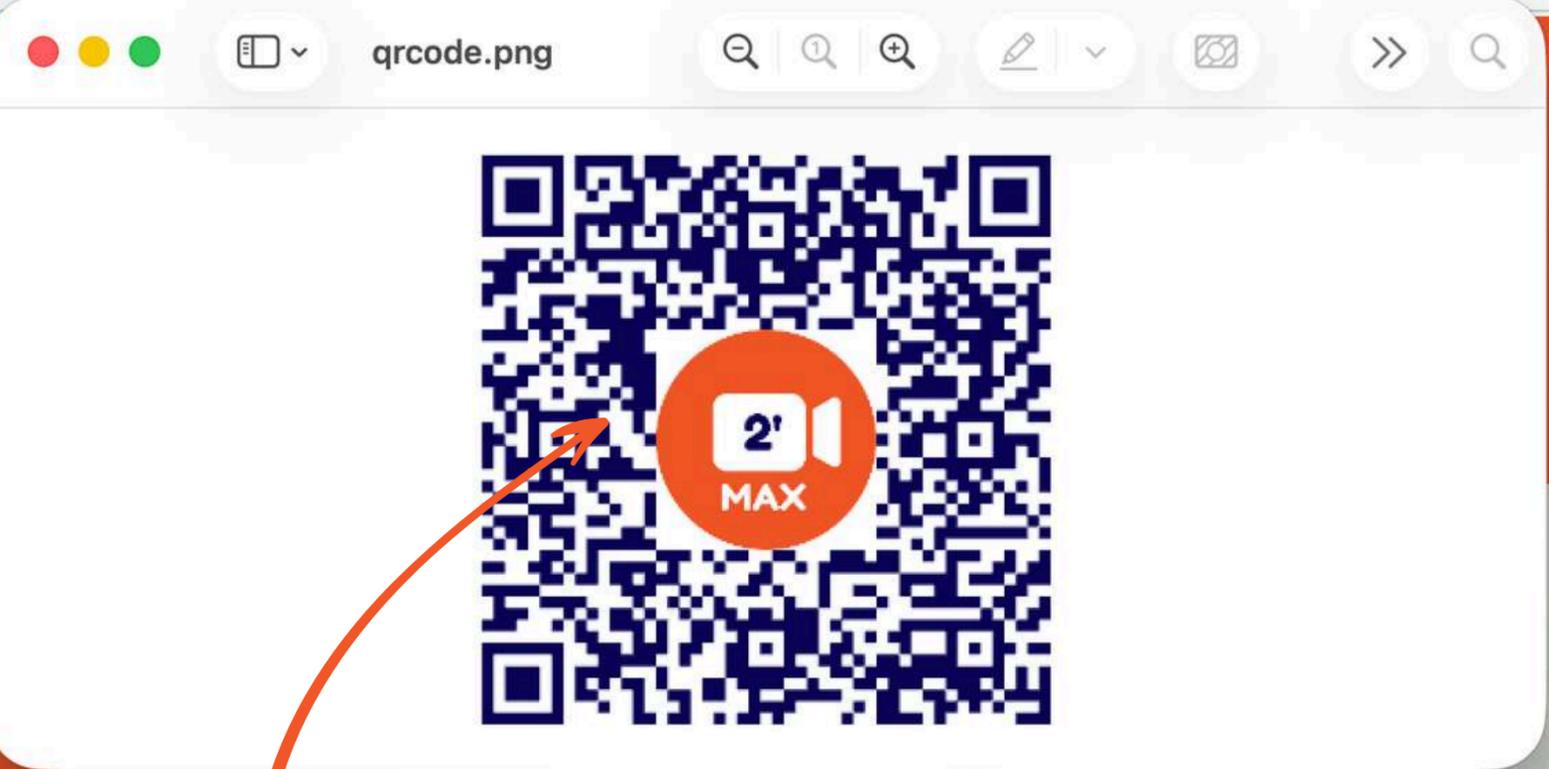
 PDF

 Share on LinkedIn

 QR code for my CV

To download and insert it on your CV





 SHARE

 Your access key: 850-1F8  
send it along with your 2'MAX to grant immediate access

 Copy link

 PDF

 Share on LinkedIn

 QR code for my CV



### Helpful tip

Once downloaded, save the QR code to your computer and add it to your CV.

SCAN ME



Passkey: 9B4-E0E

*"I like to bring order to complexity by connecting people, ideas, and change into coherent solutions"*

## Contact

+39 [REDACTED]

[REDACTED]

[www.linkedin.com/in/alice-marsicola-136743359](https://www.linkedin.com/in/alice-marsicola-136743359)

[REDACTED]

## Language

English - C1 (Speaking, Writing, Listening, Reading)

# ALICE MARSICOLA

People, Organisation & Change | HR Transformation & Learning Enthusiast

HR and change management student currently completing an MSc in People, Organisations and Change at Erasmus University Rotterdam. I have developed a strong interest in how organisations adapt and evolve – whether through digital transformation, product innovation, or leadership development. I am particularly drawn to understanding the people side of these processes and how change can be made both effective and meaningful.

## Education

Erasmus University Rotterdam - MSc People, Organisation & Change  
Rotterdam, The Netherlands | 2025 - Present)

- Focus on organisational transformation, leadership, and strategy execution.
- Applying frameworks of change management and organisational design to real consulting projects on HR digitalisation.
- Developing analytical and evidence-based decision-making skills related to people and organisational change.
- Enhancing intercultural collaboration and communication through diverse international teamwork.

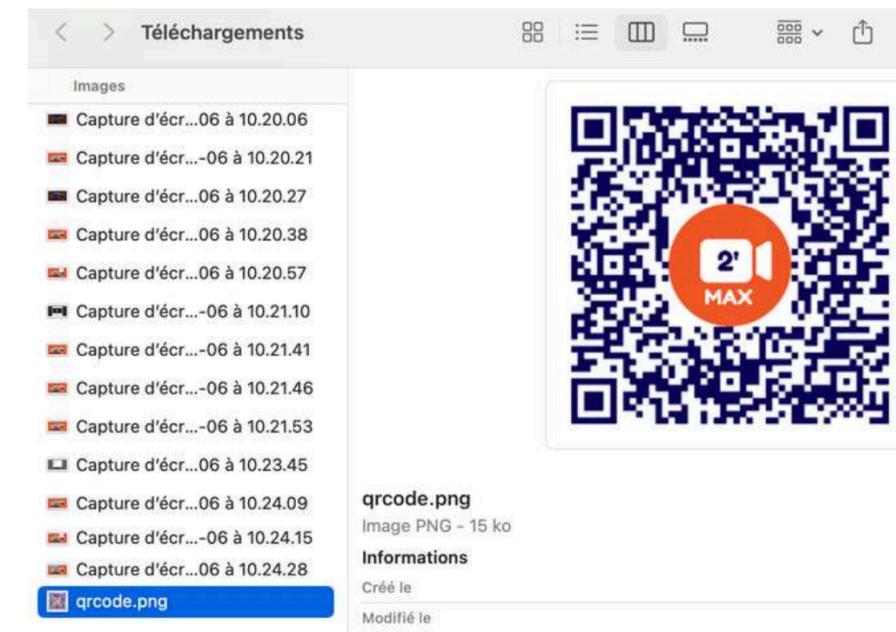
University of Tor Vergata  
Bachelor's Degree in Business Administration and Economics



### Helpful tip

**What if you replaced your photo with your 2'MAX QR code?**

To spark curiosity — or to avoid being judged based on a static image.





2  
MINUTES  
MAX

# The most effective option?

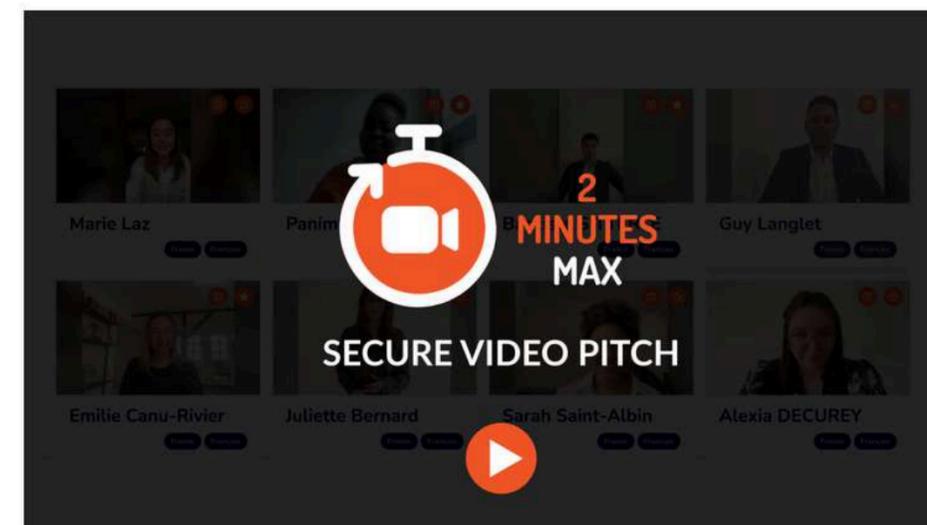
## QR code on your CV

In addition to or instead of your photo



## Your motivation PDF

With the viewing key already included



Emily CARTER  
Access key: 850-1F8



### Helpful tip

To access all tutorials, click on **Guide** in the menu of your candidate dashboard.

### A FEW TIPS (Tutorials - ENGLISH)

**Before starting 2:25**

Before recording your first 2'MAX, you may have some questions :

- What background?
- How should I dress?
- What lighting?
- How should I talk?
- Do I need to talk for 2 minutes?

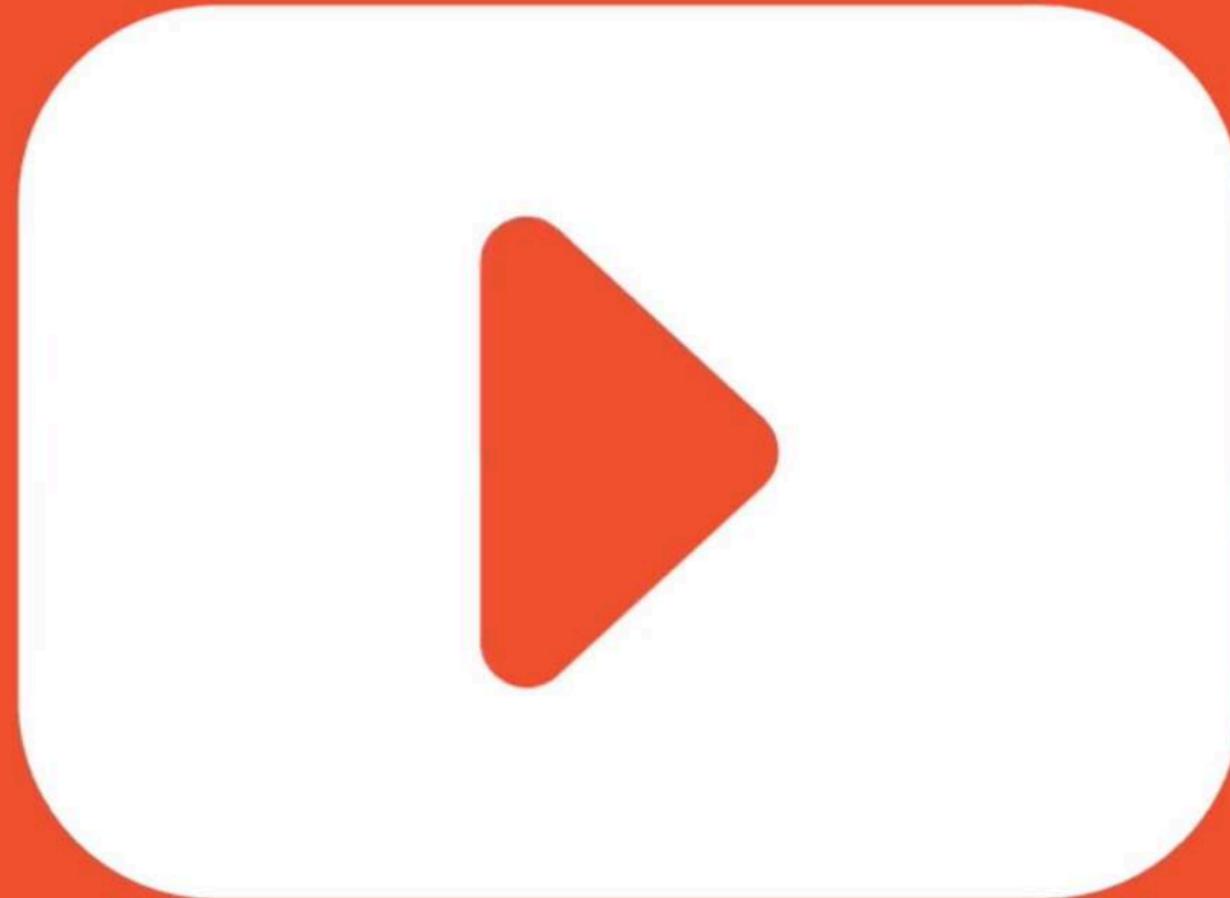
**Recording your first 2'MAX 1:51**

You can record you 2'MAX vidéo pitch directly from your phone or computer, and do as many takes as you want. Discover with Inès how it works, including an integrated notepad on your screen to help you remember the key-points you want to express.

**Share your 2'MAX 1:18**

Get visible without being exposed ! Your 2'MAX video pitch belongs to you, you decide who you want to share it. You can either copy the link, download the QR code and add it on your CV, download a PDF video pitch to replace your cover letter, share it by mail or on LinkedIn. Inès shows you how to manage your personal secure video pitch and share it to find your dream job ! And remember, make sure you send the access key to make sure every recruiter can have access to your video.

**What should you talk about?**  
That's entirely up to you!



Clips from real candidates, shared with their permission, of course.