

Virtual Work Inspiration

WHAT WOULD YOU TELL YOUR YOUNGER SELF?

www.workinspiration-ni.com

WORK INSPIRATION – WE NEED YOUR HELP

We are currently developing a range of online and interactive tools to help inspire young people about the world of work. Schools are telling us that they really need to inspire their careers teachers and young people both now and in the future. As COVID-19 has impacted directly on physical work experience opportunities, we want to continue to inspire young people about the jobs that exist all around Northern Ireland. And we want you to be part of it!

There are many opportunities to get involved. We're currently asking for support with 2 of them.

Option 1 – Share your story

We'd like to hear about you – but in a short version please. We're looking for details such as:

- What was your education route?
- What job do you do now?
- What does the future look like for you?
- What is the best piece of advice you could give your 16 year old self?
- Your full name and job title
- A copy of your company logo

Contact joanne.mehaffy@bitcni.org.uk for sample questions and to see some storyboard examples.

Option 2 – Record a short video

We would like to record a series of short and snappy videos that highlight who you are, what job you do, and the best piece of advice you could give young person as they think about what they'd like to do for their future job or career. It could be you want to share CV or interview tips, talk about resilience or the importance of essential skills in your workplace.

Contact joanne.mehaffy@bitcni.org.uk for sample questions or to discuss your video content ideas.

If you would feel comfortable **in recording a short video yourself**, that would be great. We've provided some helpful hints and tips:

Tips for recording your videos

- Put your phone/tablet/device in Airplane Mode so you won't have notifications coming through
- Place your phone/tablet/device at eye level and try to speak directly to the camera – looking at your notes as little as possible
- Try to speak in short sentences – soundbites – which will make it easier to edit if needed
- Briefly introduce yourself – say your name, role and company. You can then record your message, your story or share your tips or knowledge with students
- Dress in your normal work clothes, as you would if at a physical event
- Be conscious of fidgeting – this can create background noise and is distracting to the viewer
- Sit in a chair or at a desk to present and try to ensure your background is clutter free, or if you prefer, stand (try both options to find out what is most comfortable for you)
- Choose a quiet room and put a note on the door to request no interruptions from your family and put pets outside
- Choose a setting with a lot of light – natural if possible. Position yourself facing a window if

possible – don't sit with a light source behind you, as this will make you look washed-out in the video

- To make your audio better, you can use a microphone, or attach your earbuds to the phone and use the microphone on these
- Once you've recorded your video, play it back to make sure you are happy and then send it through to helen.bowman@bitcni.org.uk. If the file size is large, you may need to use a transferring application such as www.wetransfer.com.

If you'd rather we did the recording...

If you would like to contribute, but aren't comfortable recording yourself, we can arrange to talk to you via 'Go to Meeting' and record a short interview piece. We will simply ask questions and record your response.

And remember, recording video is nothing to worry about. We can stop, start, cut and edit as much as needed until we get a result that you're happy with.

For each video, we will add a start slide, your name, title and company and an end slide.

Some examples (visual only, not video):

Recorded via Go To Meeting



How we'll use this content

If you provide content for a storyboard or a video, we will design this up (top and tail the video) and ask you to sign it off. We will then use it on our Work Inspiration website, our Business in the Community website, our YouTube channel, and share via social media. You can also supply a 'ready to use' designed storyboard and send this to us if you prefer.

Recorded by the person themselves



For more information

Please contact joanne.mehaffy@bitcni.org.uk to discuss this further, confirming that you are happy to take part and stating whether you're happy to record and send a short video, or if you'd prefer to do it interview style, and we will arrange a convenient time with you.