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| Question | Answer |
| What role/profession are you in?  Tell us a little bit about how you chose this role – is it something you always wanted to do? Found out about through other roles/area of work?  Is it a rewarding role?  What sort of qualifications did you need to get into it? |  |
| What does a typical day look like in this role? |  |
| What was your career journey like prior to training for your current role/career?  Did you like school? Have you had to do any additional learning as an adult? If so how was that? |  |
| What did your early career in the NHS look like? |  |
| Do you have any words of encouragement for people thinking about a career in the NHS? |  |
| Photo; to bring the career journey to life please consider attaching a photo of yourself for us to use too |  |

If you choose to do a film of your career story below are some filming tips.

The quality of the video ultimately depends upon what environment staff are in, what equipment/software the individual uses and whether staff are able to put all the tips into practice.

* Make sure light source is on your face rather than behind you
* Ensure background is reasonably plain, appropriate and free from serious distractions (consider what could draw the viewers eye – the poster, the old PowerPoint, wires etc. and try to avoid them)
* Test your recording first to ensure
  + that mic volume is good
  + video is clear
  + you can locate your recording once filmed e.g. know where to find it on the hard drive
  + you’re looking presentable and adhere to the dress code policy to ensure you represent your profession and organisation in the best way possible
  + keep you recording short and to the point; long or rambling videos will lose attention and take longer to send over the internet.