

Top tips for creating your inspirational content

Accepted formats:

- **Written piece** (blog, poem, short essay)
- **Video piece** (video interview, self-recorded inspiration or a creative piece as an MP4 file)
- If you have **another idea**, please email opportunities@becomecharity.org.uk to explore it with us!

Written pieces can be submitted via email and will be formatted by our comms team to fit with other written submissions on our 'career inspiration' page.

If you choose to record a video... we'd like the videos to have a warm, informal feeling, like: 'we're just chatting on the sofa with a cup of tea', so please relax, smile and talk to the camera as if you're talking directly to a young person.

If you do not feel confident creating a video yourself, please email opportunities@becomecharity.org.uk and one of the team can set up a video call, to record your submission together.

- You can record your video message on a phone or laptop using the built-in camera
- Make sure you're recording in a well-lit area with a plain background (so that your face is clearly visible)
- Please film somewhere quiet (so that you can be heard clearly, we will add captions to the videos during editing to make them as accessible as possible)
- Please film the video in portrait mode (so that we capture more of you and less of your surrounding environment)
- Please try to make sure that your video is no longer than two minutes long

If you'd like to contribute a video in an interview format... you can use these questions as inspiration for what you might talk about in your video, to help us ensure the interviews follow a broadly similar structure.

- Introduce yourself (first name)
- What is/was your current/ most recent job role?
- What are the top three skills/ attributes you need to do your job well?
- How well did school prepare you for your next steps?

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THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS

- Was there someone who particularly inspired you? Was there a particular person who lifted you up in your journey?
 - What job roles have you had in your life? (To illustrate that career pathways are not necessarily linear)
 - What was your first job in your current industry and how did you get it?
 - What barriers did you overcome to fulfill your career ambitions (considering practical, emotional)?
 - If you could give younger you one piece of advice, what would it be?
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To submit your career inspiration piece:

- Email it to opportunities@becomecharity.org.uk
- Send it in a WhatsApp message to +44 (0)7484044754
- Or email us for help recording a video in a Teams call with us

Thank you in advance from Propel Into Work and the rest of Team Become!

- ★ Please note that we may not be able to use all the material we receive, especially if we have more than one volunteer from a single sector/ specialism.
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