

INSPIRING GIRLS VIDEO HUB

Guidelines for preparing your talk

You will need to film the video in one recording, continuously for about 3-6 minutes. You will then upload your talk to a private video account, accessible only to Inspiring Girls. We will be checking all videos prior to loading onto the website, and we reserve the right to edit videos so they align with the Inspiring Girls campaign message. You can film yourself, or ask a friend to film you. Please follow the full guidelines below.

Please follow these guidelines:

- These videos are to inspire girls aged 10 – 15 years old to learn more about different career options, so it's good to keep them in mind as your audience when explaining what your job is; best to avoid specific technical terms and acronyms
- It's a good idea to watch some of the other talks on this website first to see different examples
- To prepare your talk, you may want to make some notes first, then practice speaking and filming the talk a few times. If you need your notes, use a tablet or screen to read from and avoid looking down
- Please film your video holding the device in 'landscape' position (horizontally)
- Please film your video in a brightly-lit space away from loud noises and without music
- Look into the camera, speak clearly, slowly, enthusiastically and as though talking directly to a group of schoolgirls
- Please do not use explicit or offensive language, nor make any prejudice remarks. Girls all over the world, with different backgrounds, will be watching these videos
- Please remember that these videos are on an open website, so only share information that you are happy to be known publicly
- Be aware of what is in the background, ensure there isn't any personal information visible, or images that may cause offense.

Please use the outline below to plan your talk:

Give an introduction of who you are and what you do: State your name, current job, industry, with an explanation of what your job involves. You can choose to include other details such as your nationality, or what your previous job was if you have changed careers.

Pick three questions: Choose a question from each of the blocks below to answer in your video. Please answer directly without reading the questions out-aloud.

Prepare your answers: Please give your answer with a lead-in sentence, for example – you might say “The best thing about my job is that I work with a huge variety of people” instead of just saying “With a huge variety of people.” Or you might say “When I was younger my dream job was to be a pilot” instead of just saying “I wanted to be a pilot.”

Block 1

1. What is the best thing about your current job?
2. What skills are needed for your job?
3. Why would you recommend doing your job?
4. Was there a person who inspired you to become what you are?
5. When did you realise you wanted to become what you are?

Block 2

1. What was your first job?
2. As a kid, what was your dream job?
3. Did you always know what you wanted to be?
4. Have you changed careers?
5. Did you set yourself a professional 'path' to follow? Did it work?

Block 3

1. Did you have a role model growing up?
2. What is the best piece of advice you were given?
3. What would you tell a girl who doesn't know what to do in the future?
4. Where did you find your self-confidence?
5. What is 'success' for you?

Enquiries - If you need any assistance or require further information, you can email:
hello@inspiring-girls.com