## Creating a short 30 second video for Workplace to promote your award submission

***Help build anticipation for this year’s Network Awards by giving the rest of the network a flavour of the work you’ve been shortlisted for.***

Using your smartphone, you can quickly and easily create good quality videos. We want you to create a short 30 second – one-minute video to promote your work to the network.

**It should include**

* What category you are nominated for
* What you did
* How this has had an impact on improving people’s experiences of health and social care

**Please note:** This video doesn’t go towards the outcome of the awards but is a great way for you to showcase your work to others across the country and get conversations started.

## Top tips for shooting video on your mobile:

* Shoot in landscape rather than portrait
* Practice what you want to say and keep it short and focused
* Consider the lighting behind you. If the light is too bright in the background you won’t be able to see the person talking
* Do a test to see whether you’re able to hear the person talking properly or if there is any background noise causing interference
* Don’t worry about it not being perfect, it’s not going to affect the result on the night

## Sharing your video on Workplace

* Go to the [Healthwatch Conference group](https://workplace.facebook.com/groups/317575658959289/) on Workplace.
* When writing your post into the group, click ‘add file’ and select the video file from your computer and wait for it to upload.
* Press post and you’re done!