

CAREER

STORIES



Career Stories reveals the challenges and obstacles behind professional work life. Authentic narratives inspire and demystify the career journey, empowering job seekers with real-world insights.



From Your Home to the World: Guide to Recording Inspiring Career Stories



Thank you for your willingness to share your unique journey with us. Career Stories is about showing the struggles and challenges of every career. Your story can inspire and help others on their own paths.

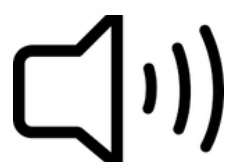
Technical Setup



Duration: Please ensure that the video you send us is **no longer than 5 minutes**. This will allow us to edit it for social media, creating a short and motivational video that can reach the people who need to hear your story.



Lighting: Ensure the place where you're recording is well-lit. You can use either natural or artificial lighting, but make sure the light is in front of you for the best results.



Sound: Make sure to record in a quiet environment; we want to hear only you while you share your story.



Background: Ensure you have a simple background. We don't want viewers to get distracted by your pets or a running washing machine.



Camera Position: If you're using your phone, place it horizontally. Use the back camera if you think the video quality will be better.



Your Posture: Remember to look at the camera while talking. Make sure your face, neck, and shoulders are visible on the screen.



Recording Preparation: Be yourself! Make sure you plan what to say before you start recording. Speak slowly and clearly. Don't worry if it's not perfect after a couple of tries. Don't spend too much time redoing it; we can make edits.

Questions

Please make sure you answer the questions below.

- 1. What is your first and last name? How many years have you been working? Where are you currently employed, and what is your position?**
- 2. Have there been times in your job search or career where obstacles or challenges caused you to experience a lack of confidence? If so, what was the situation, how did it make you feel, and how did you overcome it? What suggestions would you give to someone currently facing these challenges?**

Submission Instructions

If you would like an in-person shoot, please contact us by emailing careerstories@jobcare.ie

Upload your video to Google Drive or One Drive or We Transfer and send the link to careerstories@jobcare.ie with the subject line "My Career Story, Your Name"

Google Drive

Open a web browser and go to Google Drive.

Log in with your Google account if prompted.

Locate the Upload Option:

- Click the "+ New" button on the left-hand side.
- From the drop-down menu, select "File upload."

Select Your Video:

- A file selection window will pop up.
- Navigate to the location where your video is saved on your computer.
- Click on the video file to select it, then click "Open."

Upload the Video:

- The upload process will start, and you can track its progress in the bottom-right corner.
- Once the upload is complete, the file will appear in your Drive.

Get the Shareable Link:

- Right-click on the uploaded video file in Google Drive.
- Select "Get link."

Adjust Sharing Settings:

- In the pop-up window, click on "Restricted" to open the sharing options.
- Choose "Anyone with the link" to make the video accessible to those with the link.
- Click "Copy link" to get the link to your clipboard.

Email the Link:

- Open your email account and start a new email.
- In the subject line, write "My Career Story, Your Name"
- Paste the copied link into the email body.
- Send the email to careerstories@jobcare.ie

OneDrive

Open your web browser and go to OneDrive.

Log in with your Microsoft account.

Locate the Upload Option:

- Click on the "Upload" button at the top.
- Select "Files" from the drop-down menu.

Select Your Video:

- A file selection window will appear.
- Navigate to the location where your video is saved on your computer.
- Click on the video file to select it, then click "Open."

Upload the Video:

- The upload process will start, and a progress bar will show the status.
- Once the upload is complete, the file will appear in your OneDrive.

Get the Shareable Link:

- Right-click on the uploaded video file in OneDrive.
- Select "Share."

Adjust Sharing Settings:

- In the pop-up window, choose "Anyone with the link can view."
- Click "Copy link" to get the link to your clipboard.

Email the Link:

- Open your email account and start a new email.
- In the subject line, write "My Career Story, Your Name"
- Paste the copied link into the email body.
- Send the email to careerstories@jobcare.ie

We Transfer

Open your web browser and go to WeTransfer.

No account or login is required.

Add Your Video File:

- Click on the "Add your files" button.
- A file selection window will appear.
- Navigate to the location where your video is saved on your computer.
- Click on the video file to select it, then click "Open."

Add Email Details:

- Enter the recipient's email address careerstories@jobcare.ie in the "Email to" field.
- Enter your email address in the "Your email" field.
- Add "My Career Story, Your Name" in the "Message" field.

Upload and Transfer:

- Click on the "Transfer" button to start the upload.
- WeTransfer will notify you once the upload is complete.
- The recipient will receive an email with a link to download the file.

