

National Skills Day – Share your skills

As part of National Careers Week, we are celebrating the first National Skills Day on Wednesday 20 May.

We're doing this by encouraging AHP colleagues to share a secret skill. We would love to see what skills you have or may have honed staying at home. Are you a secret sour dough baker, perhaps you can paint like Monet or you're a penalty shoot out pro? We'd love to know. Your secret skills can be related to your clinical skill, but it does not have to be.

What do I need to do?

We're asking you to make a short video (16 – 20 secs) on either TikTok, Twitter or Instagram, introduce profession at the start and show us your skill in a creative and fun way that may appeal to a younger audience.

Share your video on social media and don't forget to tag us and the National Skills Days profile...

Who to tag?

@NHS_HealthEdEng @NCWSkillsDays @WeAHPs

Hashtags to use:

#MySkills #WeAHPs #AHPcareers #routesintoAHP

A short introduction to TikTok

TikTok is a social network for sharing user-generated videos. Users can create and upload their own videos where they lip-synch, sing, dance, or just talk or talent. You can also browse and interact with other users' content, which covers a wide range of topics.

If you're using TikTok for the first time, here is some advice:

To be successful on TikTok you need followers, here's how:

- Make your videos short and interesting, exciting, shocking, funny
- Use hashtags, mimic other videos and link back to them
- Challenge others to do things and recreate their version of your video

Why are we asking you to do this?

This is a great opportunity to raise the profile of AHPs generally, but we are specifically interested in targeting a younger age group. It will also provide some insight and learning around how we can use TikTok to engage with a younger demographic and encourage them to follow a career as an allied health professional.

As always please ensure you consider the HCPC guidance and those from your professional body [If you want some advice / guidance about how to use social media – HCPC has a good guidance document here.](#)