

00:00 to: *Lynne Hardy*  
hi Gill

00:03 to: *Michelle Perryman*  
gillian!

00:03 to: *petraschwab*  
hi

00:03 to: *Kirsty*  
:)

00:05 to: *Clarissa (UK) - @clissa89*  
thanks for recording!

00:05 to: *Dan NZ*  
miss the accent!

00:06 to: *Ellen Nicholson*  
Hi Gillian!

00:06 to: *ClaireOT (UK)*  
Go Gillian! yes, we can hear you great!

00:06 to: *Helen OTUK*  
Thanks Sarah!

00:06 to: *Bill Wong @BillWongOT*  
:D

00:14 to: *Clarissa (UK) - @clissa89*  
oooh fancy slides :D

00:23 to: *Helen OTUK*  
lol

00:24 to: *Bill Wong @BillWongOT*  
man... that is super cool!

00:31 to: *Annika Starken (Student, Germany)*  
Looks real good!

00:32 to: *Ellen Nicholson*  
Gillian, your accent is divine! :)

00:35 to: *Helen OTUK*  
Arty farty Gillian!

00:40 to: *Anita (who is no longer moderating)*

I love your accent :)

00:41 to: *Clarissa (UK) - @clissa89*  
\*so proud\*

00:56 to: *Helen OTUK*  
Slacker!

00:57 to: *Dan NZ*  
i saw on FB

00:58 to: *Helen OTUK*  
lol

00:59 to: *Clarissa (Australia)*  
what a cute accent :)

01:00 to: *Brock Cook*  
Team24OT fail lol

01:04 to: *Clarissa (UK) - @clissa89*  
Brock!! :O :)

01:07 to: *Amanda*  
Looking good Gillian

01:19 to: *Dan NZ*  
nice!

01:21 to: *Linda #2*  
(Y)

01:22 to: *Helen OTUK*  
lol

01:22 to: *Dan NZ*  
lol

01:24 to: *ClaireOT (UK)*  
haha!

01:26 to: *Michelle Perryman*  
lol

01:27 to: *Helen OTUK*  
;)

01:31 to: *Lynne Hardy*  
it was a clear vote!

01:33 to: *Claire\_Jackson\_UK*  
:-)

01:34 to: *Dan NZ*  
hey ritchard!

01:38 to: *Lisa B [UK]*  
mmmm how do you manage to be occupationally balanced if you're staying awake for 24 hrs!! I failed miserably trying to stay awake for the first session at midnight UK time! Well done guys

01:41 to: *Helen OTUK*  
Hello Ritchard

02:01 to: *Ritchard Ledgerd*  
Hi Dan, Hi Helen!

02:08 to: *Dan NZ*  
ah those day are fondly rememered!

02:18 to: *Amanda*  
Thank goodness for broadband

02:20 to: *Clarissa (Australia)*  
Last year I attempted 24hrs and fell asleep on the floor!

02:21 to: *Dan NZ*  
remembered!

02:31 to: *Dan NZ*  
a little !

02:33 to: *Helen OTUK*  
You no!

02:33 to: *Clarissa (UK) - @clissa89*  
addict? you? seriously?

02:38 to: *Brock Cook*  
no more then the rest of us lol

02:39 to: *Michelle Perryman*  
SHE REALLY IS!

02:42 to: *Clarissa (Australia)*  
G'day @Ritchard :)

02:47 to: *Clarissa (UK) - @clissa89*

:D

02:48 to: *AshleyUK*  
Hi everyone! :)

02:53 to: *Helen OTUK*  
Love it! great pic!

02:54 to: *Clarissa (UK) - @clissa89*  
Hi Ashley!

02:56 to: *Amanda*  
So wish I didnt have to go to work!! Enjoy the day everyone.

02:58 to: *Lynne Hardy*  
lol

03:05 to: *kirstyes (UK)*  
Morning - sorry I'm late

03:11 to: *Sarah Bodell*  
Thaks Amanada

03:11 to: *Helen OTUK*  
Hi kirsty

03:13 to: *Clarissa (UK) - @clissa89*  
hi Kirsty :) good to have you back!

03:14 to: *Sarah Bodell*  
Hi Kirsty

03:15 to: *Helen OTUK*  
Hi Ashley

03:18 to: *Matthew Molineux*  
The Salford Golden Girls - they're not that old! :-)

03:19 to: *Michelle Perryman*  
You are never to late Kirsty!

03:21 to: *Clarissa (UK) - @clissa89*  
YAYYYYYY!!!!!!

03:29 to: *Dan NZ*  
lol...

03:29 to: *Sarah Bodell*  
Thank Matthew :-)

03:40 to: *Linda #2*

north west baot study day??

03:57 to: *Sarah Bodell*

British association of OT Linda

03:57 to: *Heather*

There was a study day in September

04:11 to: *Linda #2*

did I miss out bcos I'm at Huddersfield even tho I live in Salford??

04:13 to: *Helen OTUK*

Soon got used to it then!

04:16 to: *Lynne Hardy*

Liverpool Sept 5th

04:20 to: *Clarissa (UK) - @clissa89*

:D!!

04:23 to: *Heather*

Looks like I've had Botox Matthew

04:28 to: *Helen OTUK*

lol, :)

04:32 to: *Dan NZ*

he he

04:39 to: *ClaireOT (UK)*

oooh- is that "low density high diversity network" quote from Sarah's work? I was convinced it was from elsewhee! I stand corrected!

04:41 to: *Sarah Bodell*

Hi Vicky

04:42 to: *Bill Wong @BillWongOT*

:D

04:51 to: *Claire\_Jackson\_UK*

love the illustrations

04:53 to: *kirstyes (UK)*

She made me skinny ;o)

05:05 to: *Michelle Perryman*

lol

05:05 to: *Heather*

You are a congruent leader Gillian acknowledging your teams/groups

05:06 to: *Carol (UK) Trio33*

Yay for #OTalk & #Occhat !

05:09 to: *Helen OTUK*

I only have one chin! Thanks Gillian!

05:11 to: *Dan NZ*

i'm gussing the people in the picture...

05:13 to: *Clarissa (UK) - @clissa89*

:D

05:18 to: *ClaireOT (UK)*

Wow- what a great contributor you've been too, can't elieve you've only been part of the team since February!

05:44 to: *Helen OTUK*

:)

05:48 to: *Sarah Bodell*

yes, that was fabulous

05:49 to: *ClaireOT (UK)*

Yes- it was cool

05:54 to: *kirstyes (UK)*

Who were still students when they took up this challenge

06:02 to: *ClaireOT (UK)*

hi Kirsty

06:08 to: *kirstyes (UK)*

Hi Claire

06:24 to: *Heather*

That is important and very hard!

06:28 to: *Michelle Perryman*

i heart OT TALK

06:50 to: *Merrolee Penman*

Hi Ritchard.. was hoping to see you pop up!

07:09 to: *Ritchard Ledgerd*

Hi Merrolee!

07:27 to: *ClaireOT (UK)*

Thanks Michelle, we <3OTalk too!#

07:43 to: *Brock Cook*

that @keeper85 dude looks pretty rad

07:59 to: *kirstyes (UK)*

;O)

08:00 to: *Helen OTUK*

lol Brock yep think so! ;)

08:02 to: *Clarissa (UK) - @clissa89*

i know right, who is he and how can we get in touch with him? ;)

08:03 to: *ClaireOT (UK)*

He sure does, Brock, he sure does

08:29 to: *Linda #2*

good point Gillian!!!!

08:31 to: *Ellen Nicholson*

Here, here, Gillian!

08:32 to: *Heather*

;) )

08:39 to: *Bill Wong @BillWongOT*

lovely! I need all the artistic help I can get for our AOTA poster... lol!

08:50 to: *Ros Barham*

Absolutely!

08:55 to: *Susan Burwash (Canada)*

Gill - this is wonderful!!

08:59 to: *Helen OTUK*

Yes Gillian good point!

09:10 to: *Sarah Bodell*

I remeber that!

09:11 to: *Heather*

:):)

09:13 to: *Michelle Perryman*

good point. Leaders not followes!

09:23 to: *kirstyes (UK)*

Like the piggy bank - small change can add up - love it

09:29 to: *Vicky Halliwell - Salford University*

Hi all, great point Gillian

09:34 to: *AshleyUK*

This is a great analogy - the piggy bank!

09:44 to: *Dan NZ*

anyone can lead... totally agree

09:54 to: *Clarissa (Australia)*

small change makes big dreams possible!

10:17 to: *ClaireOT (UK)*

great point- Gillian- how we can all transfer real life skills and behaviours and improve them in social media use!

10:28 to: *Dan NZ*

enabling others... i like that idea especially...

10:35 to: *Michelle Perryman*

enabling all persons!

10:40 to: *Bill Wong @BillWongOT*

yup... enabling others is important!

10:50 to: *Heather*

:)

11:10 to: *Michelle Perryman*

helps with peer clinical reasoning!

11:11 to: *Bill Wong @BillWongOT*

I think we got to make students believe that they can be leaders from day 1 in their OT or OTA programs

11:14 to: *Sarah Bodell*

Hi Ginny, welcome

11:19 to: *GinnyK*

Hi Sarah

11:26 to: *Dan NZ*

great point bill

11:30 to: *GinnyK*

thanks :)

11:33 to: *Bill Wong @BillWongOT*  
thanks

11:45 to: *Linda #2*  
Bill - I'm 3rd year student and feel this def applies to my course

11:52 to: *kirstyes (UK)*  
We are sooooo glad you didn't give up.

11:53 to: *Bill Wong @BillWongOT*  
yes... if I become clinical faculty at USC starting next year... I am going to reinforce that over and over again!

11:54 to: *Susan Burwash (Canada)*  
what a great phrase!

11:55 to: *Linda #2*  
but can be very scary!!

11:57 to: *AshleyUK*  
Failing forward - I really like this. Love the imagery too!

12:01 to: *Clarissa (UK) - @clissa89*  
yes we are :D

12:04 to: *Michelle Perryman*  
Learning of failure and to reflect!

12:10 to: *Bill Wong @BillWongOT*  
second that Clarissa (UK)

12:11 to: *Lynne Hardy*  
one of the biggest fears from students - love that phrase

12:12 to: *Heather*  
Me too!

12:17 to: *AshleyUK*  
Hi Sam!

12:24 to: *Sarah Bodell*  
Welcome Sam

12:33 to: *Linda #2*  
(Y) @ Gillian

12:38 to: *Helen OTUK*  
Learning learning learning!

12:43 to: *Sam Ashby*

hi back from soccer training!

12:54 to: *Linda #2*

\*football

12:58 to: *petraschwab*

"Ever tried. Ever failed. No matter. TRY AGAIN. Fail again. Fail better" Samuel Beckett

13:00 to: *Dan NZ*

NHS - national health service

13:06 to: *Merrolee Penman*

Hi Sam.. great to have you with us..

13:10 to: *Sam Ashby*

oops I'm turning into an Australian!

13:30 to: *Sarah Bodell*

Hi Rodrigo :-)

13:30 to: *Linda #2*

;) )

13:32 to: *Pauline USA*

Good on Amy, and good for all those technology literate, too!

13:35 to: *Helen OTUK*

Go Shera!

13:47 to: *Clarissa (UK) - @clissa89*

LOVE these images :D

13:47 to: *kirstyes (UK)*

Love She-Ra - Princess of Power

13:50 to: *Bill Wong @BillWongOT*

lovely!

13:51 to: *ClaireOT (UK)*

LOL!

13:55 to: *Claire\_Jackson\_UK*

Amazing :-)

13:56 to: *Merrolee Penman*

Great stuff!!!!

13:56 to: *Helen OTUK*  
Queen of the tomato! Love it!

13:57 to: *Dan NZ*  
michael - brilliant!

14:05 to: *Merrolee Penman*  
pomodoro technique

14:12 to: *kirstyes (UK)*  
Queen of the tomato - excellent

14:15 to: *Sam Ashby*  
Matthew with yet another new hairstyle!

14:16 to: *Michelle Perryman*  
thanks to @Cal UK i now use this!!

14:18 to: *Ellen Nicholson*  
Gorgeous! :)

14:21 to: *Merrolee Penman*  
<http://www.pomodorotechnique.com/>

14:31 to: *Helen OTUK*  
World Domination with an occupational perspective! Yes please!

14:38 to: *AshleyUK*  
Thanks Merrolee - I'd like to learn more about pomodoro!

14:45 to: *Michelle Perryman*  
it really works!

14:47 to: *Clarissa (UK) - @clissa89*  
it's fab ashley!

14:53 to: *ClaireOT (UK)*  
Thanks for the link, Merrolee!

14:54 to: *AshleyUK*  
:)

14:58 to: *Merrolee Penman*  
It's a great tool for organising self..

14:58 to: *Linda #2*  
new concept - thanks Merrolee

15:06 to: *Clarissa (UK) - @clissa89*  
LOL!!!!!!

15:09 to: *Helen OTUK*  
THE MM

15:10 to: *Anita (who is no longer moderating)*  
Matthew looks like a young lad there ;)

15:11 to: *Dan NZ*  
lol...

15:11 to: *Michelle Perryman*  
Thanks to OTTALK.. I AM NOW A OTGEEK!

15:13 to: *Ellen Nicholson*  
THE MM!

15:13 to: *Merrolee Penman*  
Dr M...

15:13 to: *Linda #2*  
Think I'll find it useful.... if I can find the time...

15:15 to: *kirstyes (UK)*  
Oooh matthew you look good in green

15:24 to: *Matthew Molineux*  
I am young thank you!! :-/

15:29 to: *Dan NZ*  
nice plug!

15:30 to: *Michelle Perryman*  
HAHA!

15:30 to: *Merrolee Penman*  
Pomodoro will help you find time for sure..

15:31 to: *ClaireOT (UK)*  
Hahaha!

15:33 to: *Brock Cook*  
coincidence that 3/4 are Aussie? ;)

15:38 to: *Bill Wong @BillWongOT*  
haha! If you are part of otalk or occhat, you are qualified to be an otgeek... hehe

15:42 to: *Matthew Molineux*

ha ha Brock

15:43 to: *Michelle Perryman*  
lol!

15:46 to: *Clarissa (UK) - @clissa89*  
oooh haha

15:49 to: *Clarissa (Australia)*  
No coincidence - just awesome ;)

15:55 to: *Linda #2*  
I think I'm just a geek...

16:09 to: *Emma Welsby 1*  
Embrace geekhood!

16:18 to: *Brock Cook*  
im blushing....

16:23 to: *kirstyes (UK)*  
Don't forget we have our own hashtag #OTgeek

16:25 to: *Brock Cook*  
is there a blush emoticon?

16:30 to: *Heather*  
Important to use social media with integrity and reflect your true self ( or at least a close approximation!)

16:33 to: *Clarissa (UK) - @clissa89*  
Brock are you going to wear your outfit when you present?

16:35 to: *Merrolee Penman*  
smile with a blush!

16:36 to: *Bill Wong @BillWongOT*  
lol! but otgeeks know how to work hard AND play hard... lol!

16:41 to: *Michelle Perryman*  
REP leadership skills are required independantly to maintain professional focus as well as lead and perform in MDT roles!

16:43 to: *Brock Cook*  
hahaha its in the wash Clarissa sorry

16:49 to: *Clarissa (UK) - @clissa89*  
disappointed :(

17:02 to: *Ros Barham*  
REP?

17:05 to: *Anita (who is no longer moderating)*  
I have loved sharing your journey

17:07 to: *Clarissa (UK) - @clissa89*  
Role Emerging Placement

17:11 to: *Michelle Perryman*  
role emerging placement REP

17:16 to: *Anita (who is no longer moderating)*  
You are one of my role models

17:18 to: *Linda #2*  
what should I search for on FB?

17:28 to: *Sarah Bodell*  
hello emma, you are our 50th participant

17:28 to: *Dan NZ*  
lol... love the honesty!

17:35 to: *AshleyUK*  
Hi Emma!

17:39 to: *kirstyes (UK)*  
Oh no - Gillian has gone superspeed - going to have to log out and in again

17:49 to: *EmmaJPlunkett*  
Good Morning!

18:03 to: *Linda #2*  
morninig emma!

18:03 to: *Vicky Halliwell - Salford University*  
your enthusiasm has a positive impact on the profession

18:03 to: *Susan Burwash (Canada)*  
we call it squirelling - usually slows down quite quickly

18:11 to: *Dan NZ*  
excellent points! once written, it's out there and can't be taken back...

18:13 to: *ClaireOT (UK)*  
yay fo rtweetreach- one of my favourite tools

18:23 to: *Melissa Barrett (Australia) 1*

loving this presentation

18:34 to: *Merrolee Penman*  
she did a great job!!!!

18:35 to: *Brock Cook*  
she did lol....nearly broke twitter

18:35 to: *AshleyUK*  
Me too Melissa :)

18:41 to: *Sarah Bodell*  
If the speaker becomes squesky, this is due to your weak internet connexion.as kirsty has said, logging out and back in can help, but before doing that just wait a few mins and collaborate will usual

18:41 to: *Sarah Bodell*  
ly cath up with itself

18:41 to: *Michelle Perryman*  
YEY OT

18:45 to: *Dan NZ*  
reach for the stars approach!

18:48 to: *Bill Wong @BillWongOT*  
wow! Impressive!

18:57 to: *Heather*  
Fab Gillian!

19:00 to: *Michelle Perryman*  
YOU GO GIRL

19:08 to: *Brock Cook*  
pads of your fingers must have been smoking!

19:10 to: *Clarissa (Australia)*  
Stalking politicians is super cool

19:21 to: *AshleyUK*  
Hi Kirsty :)

19:25 to: *Melissa Barrett (Australia) 1*  
i have often wondered about doing the same thing

19:28 to: *Helen OTUK*  
WB Kirsty

19:37 to: *Bill Wong @BillWongOT*

yes... I did one for that... occ4OT

19:37 to: *Michelle Perryman*

wb kirsty

19:40 to: *kirstyes (UK) #2*

I'm back and Gillian is speaking at normal speed

19:43 to: *Heather*

Have to go now - It's going great Gillian!!

19:46 to: *ClaireOT (UK)*

Grrr- I must either get over my FB hate or just blooming leave FB!

19:49 to: *Michelle Perryman*

OTALK!

20:25 to: *Vicky Halliwell - Salford University*

:)

20:30 to: *Merrolee Penman*

oh.. just get over it FB..... is a great tool for pd!

20:35 to: *Linda #2*

I hate FB too :s

20:48 to: *Susan Burwash (Canada)*

why do you hate?

21:12 to: *AshleyUK*

Hi Rachel!

21:13 to: *Dan NZ*

balance - how much is too much? can there be too much?

21:20 to: *Melissa Barrett (Australia) 1*

well said Gillian.

21:23 to: *Michelle Perryman*

QUEEN OT PROMOTOR!

21:25 to: *Linda #2*

People think I am interested in what they have had for breakfast!

21:32 to: *Merrolee Penman*

oops that sounded rude... didn't mean you needed to get over it..

21:38 to: *kirstyes (UK) #2*

I loved the Lost a job gained an occupation status from last night

21:39 to: *Linda #2*

Too much balance?!?

21:45 to: *Bill Wong @BillWongOT*

yes... I think I am more and more excited about our real life meet up at AOTA 2013!

21:45 to: *ClaireOT (UK)*

I think i just find it overwhelming, whereas I like dipping my toes in and out of a Tweetstream, I feel under pressure to reply to folks on FB. But it is a great place for OTs to develop, so I'm reluc

21:45 to: *ClaireOT (UK)*

tant to leave!!

21:54 to: *Merrolee Penman*

so... don't be friend's with them... find the people that use it professionally..

21:58 to: *Claire\_Jackson\_UK*

definitely, need to promote OT and think of creative ways to do so

22:13 to: *Susan Burwash (Canada)*

yes have banned people/defriended

22:17 to: *Clarissa (UK) - @clissa89*

LOL

22:18 to: *Linda #2*

I am being awakened to OT FB Merrolee! :D

22:18 to: *Dan NZ*

ha ha

22:31 to: *kirstyes (UK) #2*

I'm guuesing David Cameron and Barrack Obama didn't reply on Twitter ;o) - I'm still hoping your fab promotion on Sat will pay off

22:32 to: *ClaireOT (UK)*

Ta Merrolee- will think on!

22:43 to: *Merrolee Penman*

Yes... just need to learn how to use it strategically and taking control of it Linda..

22:46 to: *ClaireOT (UK)*

Gillian also gets up HELLA early!!

22:56 to: *Merrolee Penman*

select who you follow carefully...

23:13 to: *Helen OTUK*  
AGREE!

23:13 to: *Bill Wong @BillWongOT*  
and same goes with Facebook... you should choose your friends wisely

23:19 to: *Vicky Halliwell - Salford University*  
your passion is evident Gillian and impressive

23:28 to: *Sarah Bodell*  
Shameless self promotion to try to encourage FB avoiders to dip in a toe :)  
<http://www.ingentaconnect.com/content/cot/bjot/2011/00000074/00000012/art00010>

23:31 to: *Susan Burwash (Canada)*  
love this image!!

23:41 to: *Linda #2*  
You can't pick your family tho!

23:42 to: *Clarissa (UK) - @clissa89*  
very pretty picture :)

23:47 to: *kirstyes (UK) #2*  
Yay - OT magic for #OtGeeks

23:52 to: *ClaireOT (UK)*  
I think I have been too happy to accept friend requests- perhaps I just need to do a good FB cull?

23:54 to: *AshleyUK*  
I've met so many fab OTs on Social Media. I've found that I've got to be selective or I get a bit overwhelmed

24:07 to: *Linda #2*  
thanks Sarah!

24:07 to: *AshleyUK*  
Love this slide :)

24:10 to: *Merrolee Penman*  
selective is fine.... never feel guilty for being selective

24:18 to: *ClaireOT (UK)*  
LOVE this graphic- and its true- we support each other to reach for the place when the magic happens-

24:22 to: *Merrolee Penman*  
after all we are selective with what books we pick up in a library /bookshop etc..

24:26 to: *Michelle Perryman #2*

ah i lost u then gillian then! i was worried!

24:33 to: *Clarissa (UK) - @clissa89*

good point Merrolee

24:35 to: *Merrolee Penman*

we don't try to read them all, or meet everyone in the train station.. we're selective!

24:35 to: *Dan NZ*

good poitn ashley, i think lots of people share that feeling of being overwhelmed.. initially at least...

24:46 to: *Emma Welsby 1*

Thanks for the link!!

24:49 to: *ClaireOT (UK)*

if I was on my own, I would stay in my comfort zone much more- reaching out needs support as well as leadership!

24:55 to: *Sarah Bodell*

no probs

24:57 to: *Michelle Perryman #2*

we are all responsible for promoting our profession!

25:07 to: *AshleyUK*

That's definitely true Merrolee

25:07 to: *Merrolee Penman*

treat social media where there are many connections to be had.. the same as a cocktail party, a conference, a seminar etc... you can be in control..

25:14 to: *Bill Wong @BillWongOT*

Yes, it can be overwhelming, Ashley

25:16 to: *Sarah Bodell*

Hello stuart

25:17 to: *Vicky Halliwell - Salford University*

very inspirational(r)

25:19 to: *Susan Burwash (Canada)*

very articulate Gill! Gill for world leader

25:21 to: *Claire\_Jackson\_UK*

until recently I think misconception was that leaders are managers, not so

25:24 to: *Dan NZ*

well done - thought provoking!

25:25 to: *Bill Wong @BillWongOT*

super job Gillian!

25:27 to: *Clarissa (UK) - @clissa89*

engaging in social media has pushed me to use opportunities I Would never have considered or been offered otherwise!

25:29 to: *ClaireOT (UK)*

Thanks!

25:37 to: *Clarissa (UK) - @clissa89*

FAB JOB GILLIAN!!!! :D

25:37 to: *Linda #2*

are you working throughout manchester and in what capacity?

25:38 to: *Lynne Hardy*

fab presentation Gillian.....well done xx

25:41 to: *Michelle Perryman #2*

WELL DONE GILLIAN!

25:45 to: *ClaireOT (UK)*

Well done!

25:49 to: *Michelle Perryman #2*

#### PROUD####

25:49 to: *kirstyes (UK) #2*

Sorry keep pressing confusion rather than applause - that was fantastic

25:55 to: *Emma Welsby 1*

Great presentation thank you so much

26:06 to: *Clarissa (Australia)*

Beautiful presentation Gillian!! Thank you :)

26:06 to: *Dan NZ*

any words of warning? or consideration?

26:16 to: *Sarah Bodell*

good question dan

26:22 to: *Brock Cook*

I have tips ;)

26:24 to: *GinnyK*

Great presentation!

26:24 to: *Bill Wong @BillWongOT*

good one, Dan!

27:07 to: *Helen OTUK*

Great point! and on twitter

27:09 to: *Merrolee Penman*

OT4OT, MH4OT, Pain4OT, PD4OT,

27:09 to: *Ellen Nicholson*

Sure SM can be overwhelming but there is so much to gain! :)

27:16 to: *Clarissa (UK) - @clissa89*

What Ellen Said!

27:29 to: *Lynne Hardy*

ditto

27:32 to: *AshleyUK*

Think that different types of social media can appeal to different people too

27:38 to: *Helen OTUK*

Do not even have to have an account can search?

27:38 to: *kirstyes (UK) #2*

Great tip - you can just join groups - you don't have to be friends with everyone if you prefer to keep your account private. As long as privacy settings set people will only see what you post in the

27:38 to: *kirstyes (UK) #2*

groups

27:42 to: *Matthew Molineux*

I saw a great presentation yesterday that looked at students' use of SM - they really value lurking, so why can't non-students do the same? :-)

27:43 to: *Bill Wong @BillWongOT*

well said, Gillian

27:44 to: *Dan NZ*

blogs - i can reccommend a couple!

27:44 to: *Michelle Perryman #2*

use your core skills to influence your ONLINE PRACTICE!

27:44 to: *Sarah*

Yes Gill, I just "watch" on twitter. One day I will contribute !!!

27:49 to: *Dan NZ*

;) )

27:53 to: *Jo Lawrence*

Great presentation Gillian, you are inspirational. I have to go to work now so will catch up with the discussion later.

28:08 to: *AshleyUK*

Hi Melissa

28:09 to: *Sarah Bodell*

Bye jo, and thankyou for coming

28:19 to: *Sarah Bodell*

Hello Ines

28:25 to: *AshleyUK*

Hi Ines

28:30 to: *Melissa Barrett (Australia) 1*

Hi. Naughty internet keeps dropping out! Thankfully heard most of the presentation

28:33 to: *Ellen Nicholson*

Love the reminder about being professional, ethics and being a representative of the profession...

28:34 to: *Dan NZ*

so how do you get feedback from followers?

28:35 to: *Ines #2*

Hi everbody

28:55 to: *Helen OTUK*

Check out hte #OTalk/#Occhat blog especially the professionalism chats  
<http://otalkocchats.wordpress.com/>

28:56 to: *ClaireOT (UK)*

Thanks- I think personal preference comes into play too? I just prefer Twitter, over FB, and that's okay- we can all choose which one to engage with!

28:58 to: *Matthew Molineux*

Can I suggest Gillian gives this presentation to all OT students around the world - hehe, great for them to hear how to make connections with the international OT / OS community.

29:04 to: *Clarissa (UK) - @clissa89*

UK HCPC Social Media guidelines  
<http://www.hpc-uk.org/mediaandevents/socialmedia/>

29:05 to: *AshleyUK*  
Definitely

29:09 to: *Nicola*  
Hi, great presentation. Having to dip in and out of it but will catch in full later (OT Expert)

29:13 to: *Matthew Molineux*  
:-)

29:13 to: *kirstyes (UK) #2*  
Great idea Matthew

29:17 to: *Claire\_Jackson\_UK*  
Gillian - are there any particular aspects of leadership skills that have come easy/been tricky for you to develop?

29:17 to: *Anita (who is no longer moderating)*  
she just did

29:17 to: *AshleyUK*  
Do it Gill!

29:24 to: *Matthew Molineux*  
noted!

29:25 to: *Clarissa (UK) - @clissa89*  
hahaha

29:25 to: *Clarissa (Australia)*  
@Gillian, How to cultivate leaders online? Has anyone had a good experience, is it accidental development or intentional do you think?

29:29 to: *Anita (who is no longer moderating)*  
But... alas they were not here

29:33 to: *Dan NZ*  
can you lend me a fiver?

29:33 to: *Melissa Barrett (Australia) 1*  
yes do it! great idea :)

29:35 to: *ClaireOT (UK)*  
Yes- being trolled on social media is an experience! how and why do people find the time?? have you experienced trolls?

- 29:45 to: *Sam Ashby*  
we can link the recordings to our uni black board sites - I will be doing this for our students here at uni of Newcastle
- 29:47 to: *ClaireOT (UK)*  
LOL Dan!
- 29:51 to: *kirstyes (UK) #2*  
Serendipity plays a big part I think
- 29:54 to: *Kirsty*  
such a chancer Dan:)
- 29:56 to: *Michèle Verdonck*  
When do you sleep?
- 30:00 to: *Pauline USA*  
At 12:30
- 30:06 to: *Matthew Molineux*  
Great idea Sam
- 30:07 to: *Dan NZ*  
just tought i'd ask!
- 30:10 to: *Helen OTUK*  
Good team work?
- 30:10 to: *Pauline USA*  
AM in
- 30:12 to: *Bill Wong @BillWongOT*  
I so agree with this, Gillian. For me, that helped a lot in my leadership development!
- 30:15 to: *Merrolee Penman*  
Dan why do you need a fiver?
- 30:27 to: *Clarissa (Australia)*  
thank you Gillian :)
- 30:46 to: *Helen OTUK*  
i would say a bit of both?
- 30:47 to: *Dan NZ*  
i could always use a fiver or more if people are willing to offer!
- 30:58 to: *Dan NZ*  
gingernut biscuits are expensive here!

31:08 to: *Deborah Haworth*

Great presentation - many thanks from the university of Cumbria :)

31:14 to: *Dan NZ*

go blogging!

31:23 to: *Sarah Bodell*

Thanks Deborah :-)

31:27 to: *Pauline USA*

Alaska, must get some sleep , will review this one when I am more awake. This round the world opportunity has been great! Thanks to those who made it happen!

31:27 to: *Merrolee Penman*

Dan has a great blog.. great reflections on working in NZ nowadays!

31:31 to: *Sarah Bodell*

DAn is a blohher too

31:37 to: *AshleyUK*

Hi Gill, have you followed any professional guidelines with your blog? For example COTs?

31:37 to: *Merrolee Penman*

thanks Pauline for joining us!

31:47 to: *Clarissa (UK) - @clissa89*

I discovered Twitter almost by accident at the virtual exchange 2 years ago!

31:49 to: *kirstyes (UK) #2*

Yes

31:51 to: *Helen OTUK*

yes

31:51 to: *Lynne Hardy*

yes

31:55 to: *Susan Burwash (Canada)*

hi Claire!

32:00 to: *Michelle Perryman #2*

Gil- Do you believe social media can assist us in reflecting on our own clinical reasoning?

32:01 to: *AshleyUK*

Hi Claire

32:11 to: *Dan NZ*

ah cheers! i'll do some shameless self promotion!  
www.otdaninnewzealand.blogspot.com

32:11 to: *Kirsty*

more citations come from blogs than formal database searches so well worth it

32:25 to: *Sarah Bodell*

gotta love shameless

32:46 to: *Merrolee Penman*

glad you are doing some shameless self promotion..

32:56 to: *Merrolee Penman*

Sarah Stewart was also doing the same in midwifery..

32:59 to: *Sarah Bodell*

Hi philippa

33:11 to: *ClaireOT (UK)*

aw shucks...

33:15 to: *Clarissa (UK) - @clissa89*

:)

33:25 to: *Dan NZ*

i think you could really develop this stuff gillian...

33:26 to: *Michelle Perryman #2*

MANY UNIVERSITY OF CUMBRIA STUDENTS PRESENT :)

33:33 to: *Helen OTUK*

Well while we are at it... this is the #OTalk/#Ochat blog, chats are archived if you just want to read over or comment in that forum. <http://otalkocchats.wordpress.com/>

33:41 to: *Clarissa (UK) - @clissa89*

^^ Thanks Helen

33:42 to: *Emma Welsby 1*

Wooo hooo!

33:45 to: *kirstyes (UK) #2*

I definitely think social media can help us reflect Michelle but one thing I think I need to do is remember to take time away from online to take it all in because it can be overwhelming - I think blo

33:45 to: *kirstyes (UK) #2*

gging does allow me to do this. Writing a focused blog post

34:06 to: *Susan Burwash (Canada)*  
good point Kirsty

34:22 to: *kirstyes (UK) #2*  
Here, here

34:24 to: *Dan NZ*  
here here...

34:29 to: *Kirsty*  
here here

34:31 to: *Sarah Bodell*  
good point

34:34 to: *Michelle Perryman #2*  
THANKS KIRSTY

34:35 to: *Heather*  
Agree helen!

34:41 to: *ClaireOT (UK)*  
Thanks Gillian- and I will be in touch if there are any bits of work to recommend to you!

34:57 to: *ClaireOT (UK)*  
I LOVE comic OT reflections!

35:09 to: *Anita (who is no longer moderating)*  
they are fantastic

35:23 to: *Susan Burwash (Canada)*  
a form of arts-based research

36:03 to: *Sarah Bodell*  
Hello Pauline

36:06 to: *Sarah Bodell*  
welcome

36:14 to: *Michelle Perryman #2*  
Gil- do you believe social media can assist us in reflecting in our own clinical reasoning?

36:34 to: *Sarah Bodell*  
good question michelle

36:34 to: *Merrolee Penman*  
Michelle - absolutely.... very much so

36:36 to: *Helen OTUK*

Comic Reflections: <http://comicotreflections.blogspot.co.uk/>

36:52 to: *Merrolee Penman*

I can put my thinking out there and have people challenge it

37:03 to: *Merrolee Penman*

extend me, question me etc etc...

37:11 to: *Anita (who is no longer moderating)*

I still have both but I feel your pain :)

37:13 to: *ClaireOT (UK)*

Yes- smart lists are good, but FB makes much more sense if it's open- agree wholeheartedly about the notifications and the app on the phone- they are annoying aren't they?

37:16 to: *kirstyes (UK) #2*

You can turn notifications off the app too.

37:22 to: *AshleyUK*

I find it helpful having a professional FB page and another one for my close friends. Some overlap into both. It can be hard work keeping up with 2, but it helps with privacy issues...

37:26 to: *Merrolee Penman*

in other words you took back the control!

37:47 to: *kirstyes (UK) #2*

I agree I turned e-mail notifications off when I joined lots of the facebook group

37:49 to: *Bill Wong @BillWongOT*

Ashley- one thing I think you can do is to put people into groups, too

37:49 to: *Helen OTUK*

lol

38:02 to: *AshleyUK*

Good idea Bill - I'll try that

38:04 to: *Lynne Hardy*

Exactly it what works for you. I use FB more for OT research than personal use. There are a lot of interesting articles and links especially in the groups. Do not use twitter at all.....

38:06 to: *Anita (who is no longer moderating)*

I want to "like" people's comments

38:11 to: *Anita (who is no longer moderating)*  
it would be easier

38:15 to: *ClaireOT (UK)*  
Ashley- you are breaking terms and conditions of FB- f you check it out you will see you are only supposed to have 1 account- and they can remove one account if they find out!

38:21 to: *Merrolee Penman*  
I'm with you Gillian - I'm the 2 year old in the sweet shop.. let my try this new sweetie, now this one, now this now this one....

38:24 to: *Bill Wong @BillWongOT*  
i know personally i put OT peers on one list... so if there are things I want my OT peers to know, I would just put my status to that list

38:38 to: *AshleyUK*  
@Claire, really?

38:38 to: *Michelle Perryman #2*  
ITS FINE! @sarah!

38:55 to: *kirstyes (UK) #2*  
A question back on leadership? What do you think the challenges to leadership might be in your first post and have you thought of strategies you would use to overcome these?

39:00 to: *Merrolee Penman*  
I'm with you Anita...

39:03 to: *beckz123*  
thanks gillian. I have to go to work now but thanks for the talk.

39:11 to: *Sarah Bodell*  
I'll take that one kirsty

39:13 to: *ClaireOT (UK)*  
Yes, Ashley! I spend a lot of my time telling social media/communications professionals off for giving this advice out- its not just you!!

39:16 to: *Michelle Perryman #2*  
YES

39:27 to: *kirstyes (UK) #2*  
If I can

39:38 to: *ClaireOT (UK)*  
Kirsty? where are you?

39:40 to: *Dan NZ*

well done! great start to the UK leg! i just love the idea of making things and people, more accessible.... and just to try this stuff!

40:00 to: *kirstyes (UK) #2*

Thanks - think my headphone isn't working

40:04 to: *Helen OTUK*

A question back on leadership? What do you think the challenges to leadership might be in your first post and have you thought of strategies you would use to overcome these?

40:15 to: *ClaireOT (UK)*

What do you think the challenges to leadership might be in your first post and have you thought of strategies you would use to overcome these

40:28 to: *Vicky Halliwell - Salford University*

leadership and first post

40:39 to: *Sarah Bodell*

thanks all

40:41 to: *Sarah Bodell*

phew

40:44 to: *kirstyes (UK) #2*

Sorry I couldn't speak

40:46 to: *Sarah Bodell*

so much going on!

40:49 to: *Merrolee Penman*

oh.. first position...

40:51 to: *Sarah Bodell*

no worries Kirsty

41:26 to: *Dan NZ*

Earning people's respect... whilst being confident to speak up - pick battles carefully???

41:27 to: *Merrolee Penman*

yes if the chat is busy - and keeps going then it's hard to scroll back up - it keeps jumping so tips to moderators - grab copies of the questions as the session progresses and paste elsewhere so you don't

41:27 to: *Merrolee Penman*

don't have to scroll... :-)

41:35 to: *kirstyes (UK) #2*

Great response Gillian - hope people have the confidence to have a voice

41:47 to: *Dan NZ*

totally AGREE...

41:47 to: *Michelle Perryman #2*

I NEED CONFIDENCE TO HAVE A VOICE!

41:57 to: *ClaireOT (UK)*

Your challenge could be the manager or line manager you get- they might resist your attempts! how will you deal with it if you have a culture or a line manager that is opposed to you having that cont

41:57 to: *ClaireOT (UK)*

rol?

41:57 to: *Clarissa (UK) - @clissa89*

SOCIAL MEDIA! ;)

42:04 to: *Merrolee Penman*

try using the voice a little and then you get confidence

42:09 to: *Michelle Perryman #2*

OT TALK!

42:14 to: *Dan NZ*

HAVING POSITIVE VALIDATION OF SPEAKING OUT?

42:18 to: *Claire\_Jackson\_UK*

definitely, tact is probably useful in first role when employing leadership skills

42:19 to: *ClaireOT (UK)*

Michelle we would love to hear your voice!!!

42:40 to: *Dan NZ*

there are cultural elements to this though....

42:46 to: *kirstyes (UK) #2*

Is that Gwyn from my office?

42:47 to: *Merrolee Penman*

think Ellen Nicholson said the same in her session... talking about appying our OT knowledge to ourselves..

42:47 to: *Susan Burwash (Canada)*

Well put - applying OT to ourselves. Like the occbuzz write-up

42:48 to: *Nicola*

Find it hard practicing what I preach in OT sometimes!

42:50 to: *Clarissa (UK) - @clissa89*  
:)

42:53 to: *Kirsty*  
explain more dan

42:55 to: *Ros Barham*  
I guess it's also to do with personality and experience...

42:55 to: *Michelle Perryman #2*  
YEP Uk culture i guess?

43:01 to: *Ellen Nicholson*  
Thanks Gillian - well done.

43:03 to: *ClaireOT (UK)*  
Yes, Dan- culture eats strategy for breakfast- as the sayng goes!!

43:08 to: *Dan NZ*  
in some cultures, it's not good to speak up.. even if your content is solid. there may be other processes to navigate first...

43:09 to: *Susan Burwash (Canada)*  
hear hear

43:21 to: *Michelle Perryman #2*  
WE EXPECT OUR CLIENTS TO! WHY NOT EXPECT OURSELFS!

43:26 to: *Michelle Perryman #2*  
i love this!

43:35 to: *Bill Wong @BillWongOT*  
i think that will be me

43:35 to: *Clarissa (UK) - @clissa89*  
That's one of the benefits of social media - you can use your voice a little bit

44:03 to: *Michelle Perryman #2*  
bill such an american accent!

44:07 to: *ClaireOT (UK)*  
Yes- and you impressed some very influential people at conference ;-)

44:24 to: *Sarah Bodell*  
Hi ellie

44:29 to: *Lisa B [UK]*

Great presentation, thanks, gonna have to go back to childcare role now but hope to join you again later!

44:40 to: *Merrolee Penman*

in other cultures we can speak for others.. (ie Dan)..

44:55 to: *kirstyes (UK) #2*

I think social media can be very inclusive - I like to think we accept people's contributions for what they are rather than who they are? Would people agree or disagree?

45:03 to: *Dan NZ*

sometimes there is a process to follow about who can speak, and when.. if you break the process, what you have to say may not be listened to because you broke the process...

45:26 to: *Merrolee Penman*

yes true.. so important to listen and observe first!!

45:34 to: *Lynne Hardy*

masterclass! exactly Gillian it is all about people being unsure and not wanting to ask

45:39 to: *Susan Burwash (Canada)*

Do you find there's less fear-mongering about soc media?

45:59 to: *ClaireOT (UK)*

I think it has the potential to provide a platfor for any voice- but we must protect our community to make it inclusive for everyone- that means standing up to sexism, racism, homophobia, trans\*phobia

45:59 to: *ClaireOT (UK)*

, classism etc where we find it.... a challenge

46:00 to: *Michelle Perryman #2*

CAN WE ARCHIEVE THIS CHAT?

46:04 to: *kirstyes (UK) #2*

I would like to give Gillian a huge round of applause

46:05 to: *AshleyUK*

Thanks Gill! Brilliant presentation :)

46:17 to: *GinnyK*

Well done Gillian - I really enjoyed listening!

46:20 to: *Susan Burwash (Canada)*

chat is archived

46:20 to: *Merrolee Penman*

Michelle they are recorded and you can go back and listen to it again.

46:23 to: *Michelle Perryman #2*

WELL DONE GILLIAN!

46:24 to: *Vicky Halliwell - Salford University*

:):)

46:25 to: *Kirsty*

Great presentation Gillian, well done (y)

46:26 to: *Helen OTUK*

Great session Gillian!

46:26 to: *Gillian Crossley UK*

thanks everyone :)

46:27 to: *ClaireOT (UK)*

Yay- \*APPLAUSE\* for Gillian :-)

46:27 to: *Sarah*

I think the cultural aspect is important. For me, I dont want to be rude and interfere in an ongoing conversation!!

46:27 to: *Ros Barham*

Thanks Gillian :)

46:29 to: *Susan Burwash (Canada)*

bravo!!

46:31 to: *Merrolee Penman*

Great job Gillian... go enjoy the rest now!

46:32 to: *Sarah*

Thanks Gill!!!

46:34 to: *Deborah Haworth*

Thanks Gillian :D

46:45 to: *Sam Ashby*

thanks

46:45 to: *Nicola*

would be great for all these chats to be archived :)

46:50 to: *Ina - Melbourne*

great to hear your perspective Gillian!

46:52 to: *Brock Cook*  
Bravo Gilly!

46:58 to: *Annika Starken (Student, Germany)*  
Thanks Gillian, I will be more open to social media now after your presentation, being not at all a friend of too much facebook, I think I will look at blogs and twitter - :)

47:04 to: *Clarissa (UK) - @clissa89*  
yes!!! well done Gill!!!

47:05 to: *kirstyes (UK) #2*  
Sarah don't be afraid to step in - it's far more accepted online than in offline interactions

47:06 to: *Shaan @shaanOT*  
Thanks Gillian that was great :)

47:17 to: *Ritchard Ledgerd*  
Well done Gillian

47:41 to: *Dan NZ*  
well done! x

47:42 to: *Susan Burwash (Canada)*  
<http://www.surveymonkey.com/s/ot24vx12>

47:45 to: *Deborah Davys*  
Well done Gillian, congratulations!:)

47:47 to: *Sarah Bodell*  
<http://tinyurl.com/ot24vx2012-10>

47:58 to: *Sarah*  
thanks Kirsty, i do follow everything that is said but i know I need to work on my confidence to get more involved in occhat!!

48:09 to: *Bill Wong @BillWongOT*  
great job... much more poised than I would ever do in an OT presentation. :D

48:26 to: *Anita (who is no longer moderating)*  
And it was easy wasn't it!!

48:27 to: *kirstyes (UK) #2*  
Hoping to come to the first few minutes of Brock's session before I go to a meeting and teaching - will be recommending this session to the students to catch up on.

48:30 to: *Shaan @shaanOT*  
Inspirational :)

48:41 to: *Anita (who is no longer moderating)*  
Yes Gilly is inspirational!

48:43 to: *Sarah K*  
great presentation, thanks Gillian

48:53 to: *Sarah Bodell*  
<http://tinyurl.com/ot24vx2012-10>

49:02 to: *Susan Burwash (Canada)*  
Gill is one of my role models

49:07 to: *Dan NZ*  
thanks sarah and angela... have a great day!