



# OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

## Exploring Balance



**Gillian Crossley** is a recent Occupational Therapy graduate from The University of Salford and a member of the UK based #OTalk\_#Occhat team. She is a self confessed OTgeek, frequent social media user and consumer. She believes that social media can be a powerful tool for development, both as an individual and for the Occupational Therapy profession. This year she has presented at conferences about learning to develop leadership skills, and the importance of leadership skills for Occupational Therapists.

### Leadership – Lets #OTalk about it

I plan to talk with you about my experiences of developing leadership skills, as an undergraduate occupational therapy student over the past year, by combining learning from experience and from virtual world resources and role models. I will discuss why I believe leadership skills are important for all Occupational Therapists, not just those in leadership roles, and how you can use social media resources as a tool for putting leadership into practice.

I have been a member of the #OTalk\_#Occhat team since February 2012 and will share with you how being both a team member, and a participant has supported me to develop leadership skills that can be used in practice, for CPD and the promotion of occupational therapy.

Over the last year I have put significant time and effort into developing leadership skills, and learning how to use social media as tool for this. I will share why and how I have managed to fit this into my life balance, around being an Occupational Therapy undergraduate student, and having a young family - and why I plan to continue.

[Gilliancrossley.blogspot.co.uk](http://Gilliancrossley.blogspot.co.uk)

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