

How to Post a Selfie *or other picture*

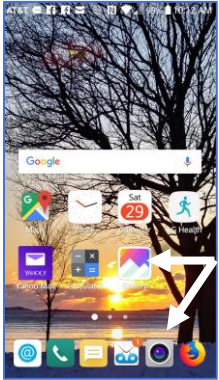
LinkedIn and Facebook



How to Post a Selfie *or other picture on:*



Posting via SMART PHONE to FACEBOOK



If you are posting a picture previously taken and saved to your smart phone, select **GALLERY/PICTURES**

If you are posting a real-time selfie, select **CAMERA:**



GALLERY/PICTURES was selected in this illustration.

Select the **PICTURE** you want to use.



Once the picture is selected, or a real-time selfie is taken, a single tap on it will display what you want to do with it.



FACEBOOK is selected in this example.

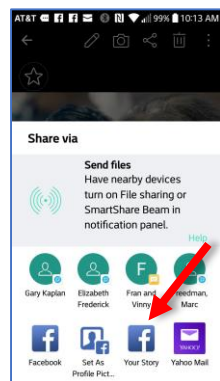
How to Post a Selfie or other picture on:



Posting via SMART PHONE to FACEBOOK



Action and Share icons should appear on the screen. Select the **SHARE** icon.



Locate and select **FACEBOOK**.
Please note: your phone model may require you to scroll 'right to left' in order to locate the social site you want to post the pic.



FACEBOOK
is selected
in this
example.



Now that the picture and social site is selected, add your #HashTag(s):

#NotDoneYet
#OlderWorkersRock
#FavoriteOlderWorker

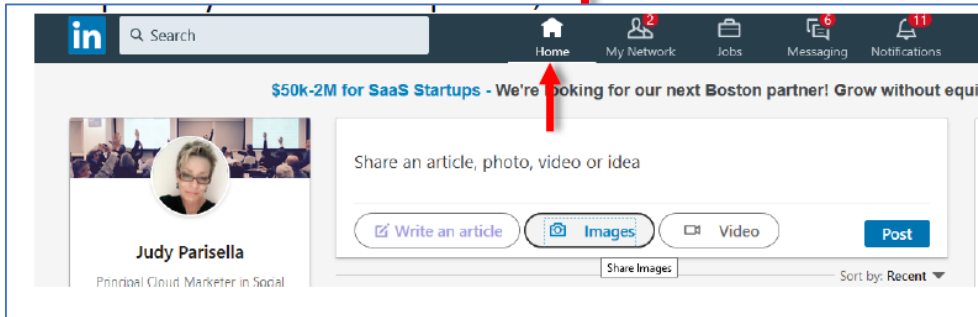
Once done, click SHARE/POST

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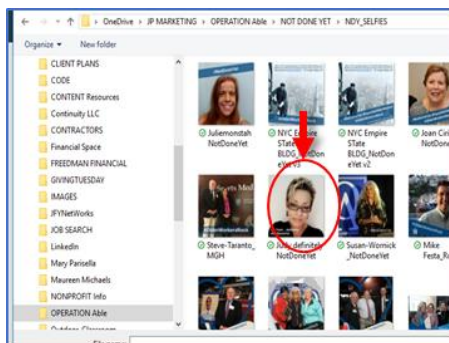
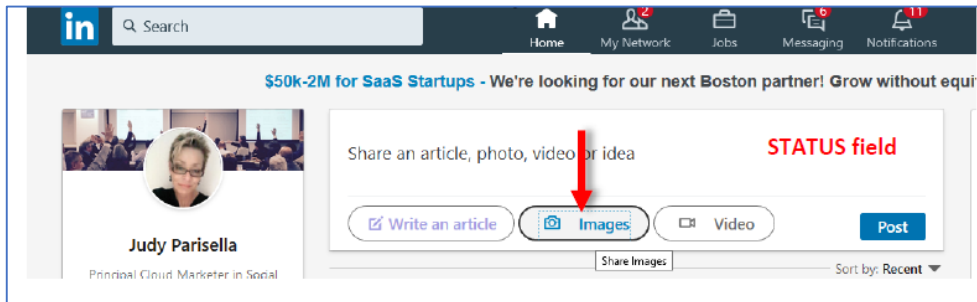
Posting via DESK TOP/LAPTOP to LINKEDIN

Jump into your LinkedIn profile, click on the HOME icon.



LINKEDIN is selected in this example.

Click on IMAGES found under your status field.

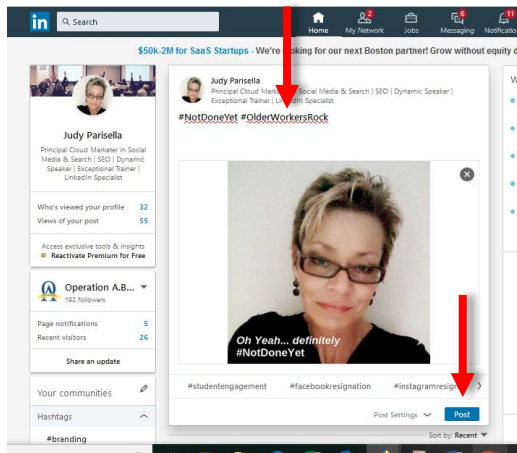


You will be navigated to files on your hard drive. Select the **IMAGE** you wish to post,

How to Post a Selfie or other picture on:



Posting via DESK TOP/LAPTOP to LINKEDIN



Once picture is selected,

add your #HashTag(s)

#NotDoneYet

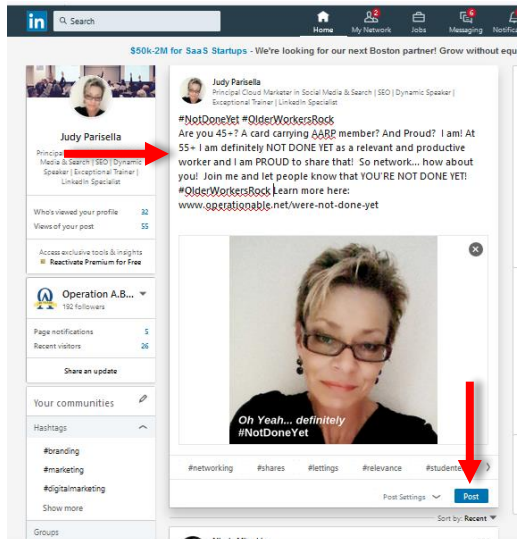
#OlderWorkersRock

#FavoriteOlderWorkers



LINKEDIN
is selected
in this
example.

If including a challenge to your network, you can add it here:



Create your challenge, add your hashtags then select **POST**.



Challenge examples and house keeping tips can be found on the pages to follow.

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POST and CHALLENGE examples

In addition to your selfie or other picture, some variation of one of the following messages could be used:

Condensed challenge message to individual (NOTE: this is the approach often taken by many of regular social media users):

#NotDoneYet #OlderWorkersRock @NAME

Brief challenge message to specific individual(s):

#NotDoneYet #OlderWorkersRock Hey @NAME, @NAME, @NAME Your turn! You're NOT DONE YET... Right?

#NotDoneYet #OlderWorkersRock @NAME You're NOT DONE YET, share your pride!

Longer open/generic challenge invite to your entire network:

#NotDoneYet #OlderWorkersRock Are you 45+? Or a card carrying AARP member? AND PROUD! I am! At [add age-ish here], I am NOT DONE YET as a relevant and productive worker and I am PROUD to share that! So network. How about you? Join me and let people know that YOU'RE NOT DONE YET! #OlderWorkersRock. Learn more here: www.operationable.net/were-not-done-yet



YouTube video instructions to upload an image to FACEBOOK for those who have an iPhone:

<https://www.youtube.com/watch?v=-Gjtchp7q0I>

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POST and CHALLENGE examples



Before you click on POST/SHARE, This is the perfect time to include a “CHALLENGE” to someone in your network to do the same.

Illustrated here is a challenge to JACKIE. To select someone you are connected to, the general rule is to first type in



FACEBOOK is selected in this example.



‘@’immediately followed by their name, as show left. *Most platforms will start to auto populate as displayed here.*



#NotDoneYet
#OlderWorkersRock Hey Jackie Simmonds your turn!

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House Keeping:

- In order to post on FACEBOOK and/or LINKEDIN, you must have a valid profile set up on these social media sites.
- If posting on these social sites via your smart phone, its best to have the respective app installed first. *It will save you time.*
- Apps differ from one phone model to the next, as well as one operating system to the next, for example: iPhone vs. Android. With that said, the instructions in this document, though they may not be EXACT to the model or operation system you have, conceptually they should be enough to follow. *NOTE: the device used in this document is an LG-X with an Android operating system.*
- If posting a picture on these social sites via your desk/laptop, you should have the picture uploaded to your hard drive first. *It will save time.*