Armed with transferable skills, I have embraced opportunities to investigate the practicalities of patient flow. The main elements I worked on were: Refining my CV by using more concise wording, changing its layout so it could fit onto two sides of A4 and be used as my LinkedIn profile. Having decided to change employers, colleagues advised me to improve my CV by focusing on my successes, and to raise my professional profile using an online social network for business professionals, namely LinkedIn. Which reflects the integration agenda that is seen as the way forward in health and social care, and spent a significant period of my nursing life in a leadership capacity. However, I found my first glance of LinkedIn .intimidating