SbVC Consultation Group

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Today’s Agenda – Session 6, Welcome !!

*Using your virtual eye-backgrounds are important!*

- Let’s break it down-Lighting, Camera Position, Room Preparation/Background
- Also consider-Preplanning rituals, video etiquette, hair and make-up.
Lighting

Pay attention to:
• Light coming down
• Florescent lights
• “Key Lighting”
• Too weak
• Too strong
Lighting tips

- Light with soft light from behind the camera or to next to screen
- Turn off iridescent lighting
Camera Position is important

• What happens if you are too close?
• How do you make eye contact?
• What do you do if you have multiple screens?
Best to have camera at eye level or even with hairline
Limit Distractions
What do you see in your background?

- Clutter?
- Mirrors?
- Doors?
Pros and Cons of this group?

Unmute or go ahead and use the chat function
When should I use Virtual Backgrounds?
How do I use Virtual Backgrounds?
POLL: If you are currently using Video Conferencing, have you adjusted your background space?

Enter your response now
Be prepared

• Limit distractions—movement, sound, shadows, etc.
• Check appearance—clear, centered in screen, not washed out, etc.
• Adjust lighting—soft lighting, behind or next to screen
• Check sound

• What else?
It’s Consultation Time!
Acknowledgments

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THANK YOU and SEE YOU NEXT TIME!

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