

SbVC Consultation Group

Instructors

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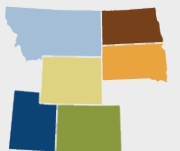
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Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





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.

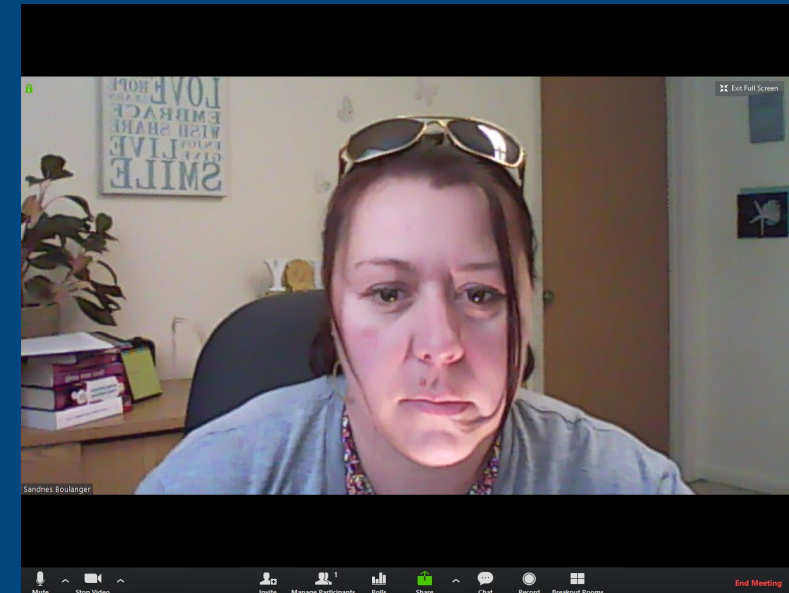
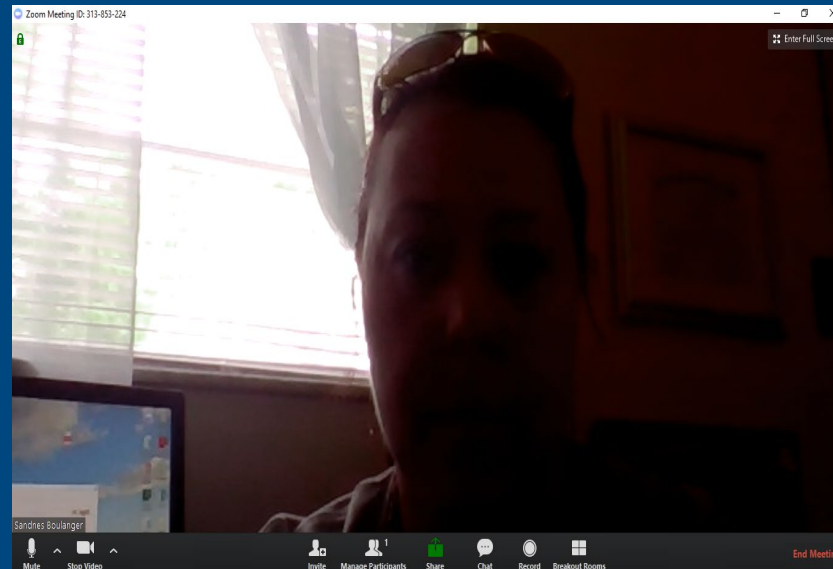
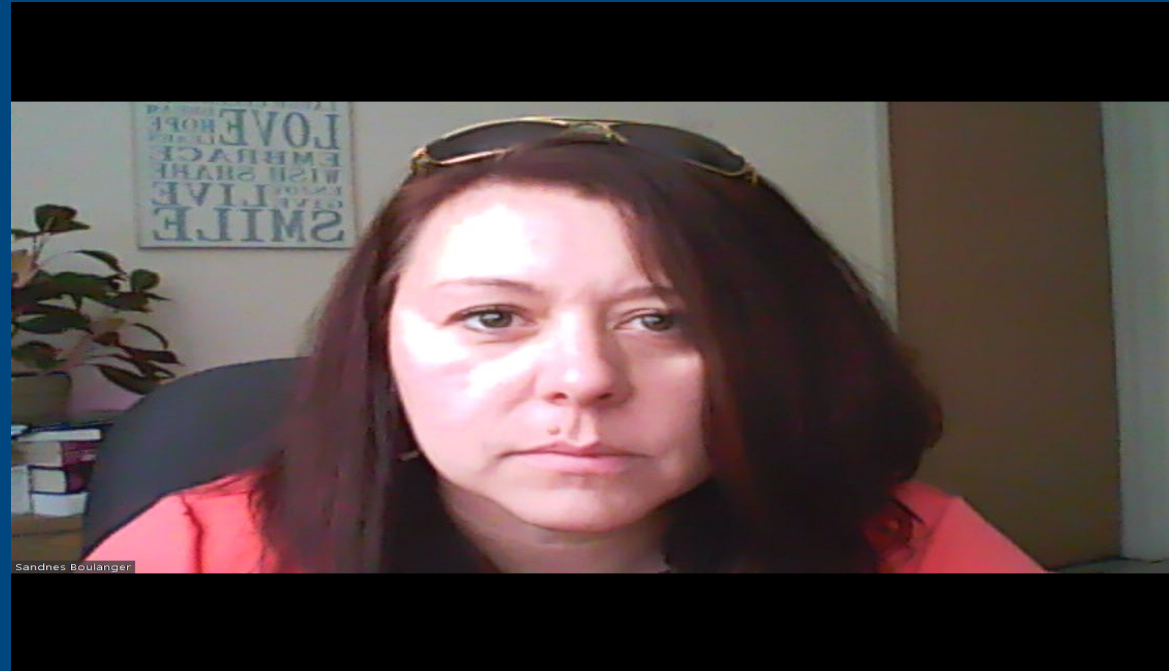


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Lighting

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

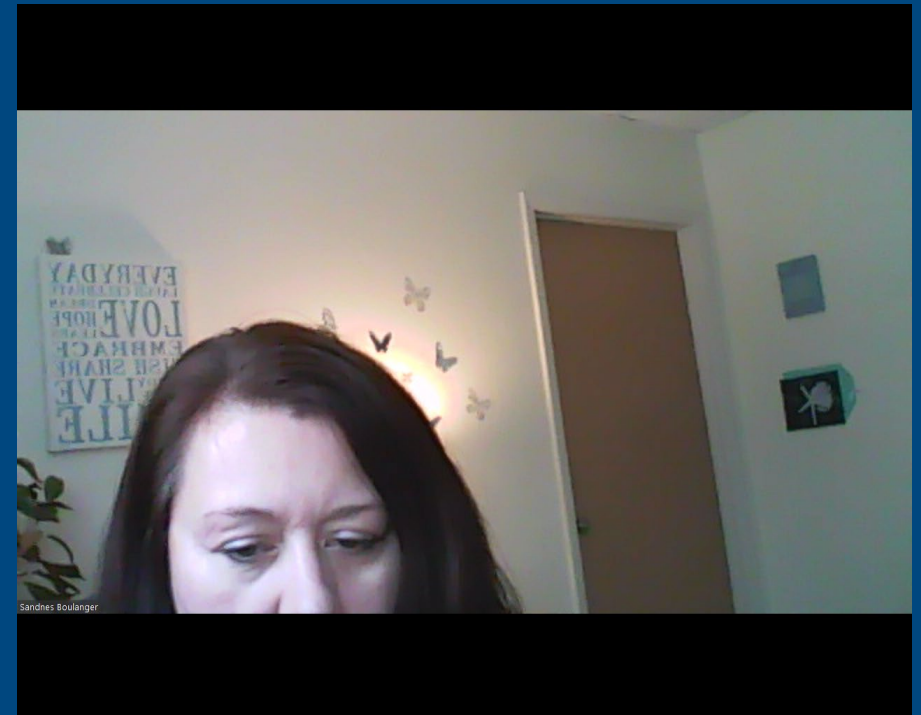
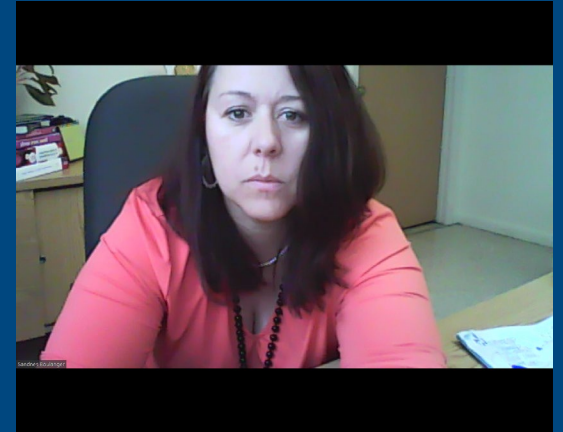
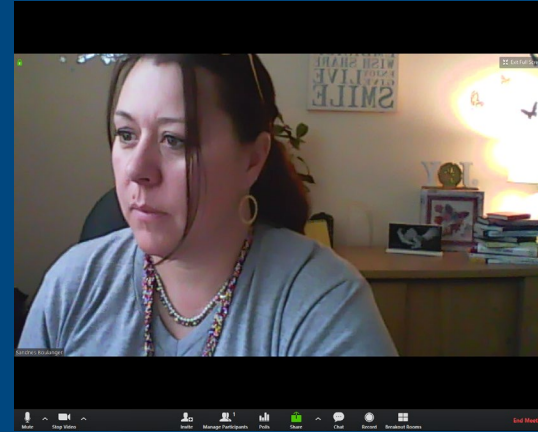
Turn off iridescent lighting



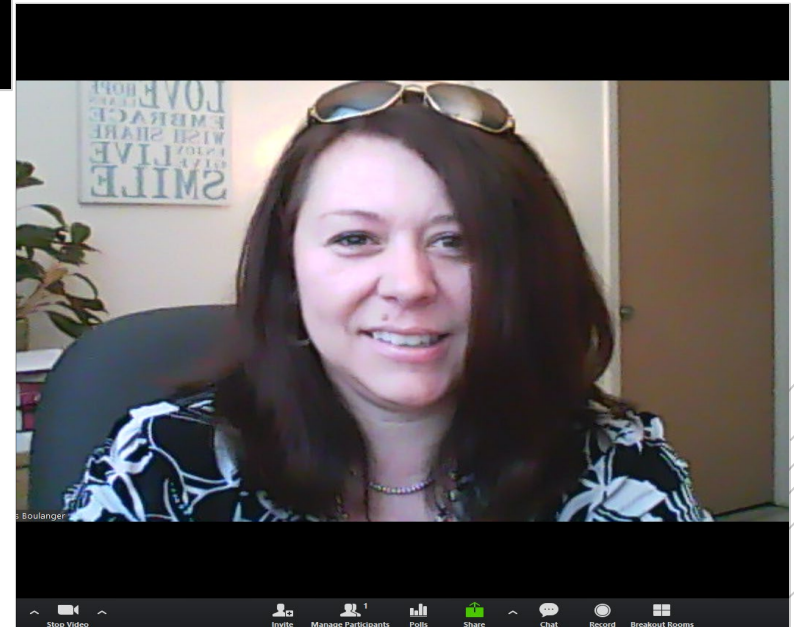
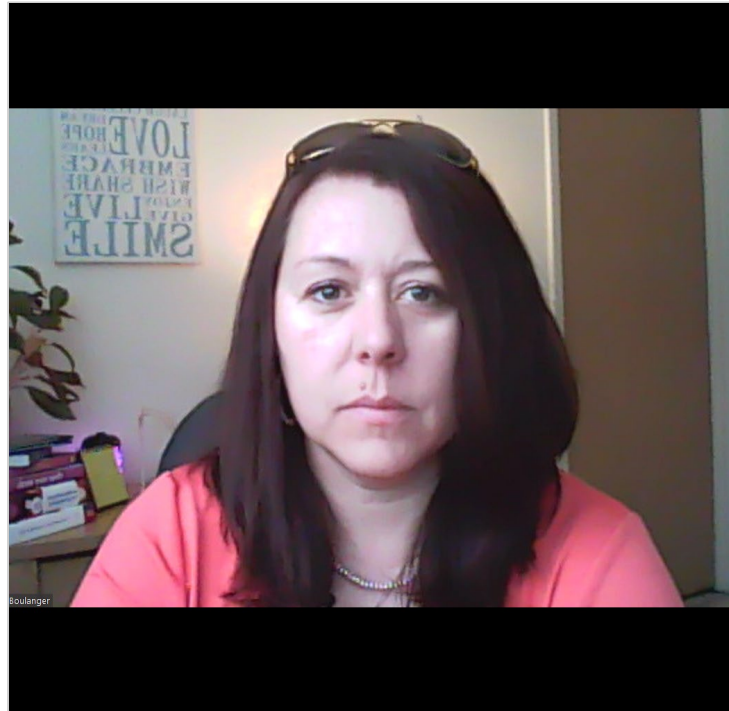
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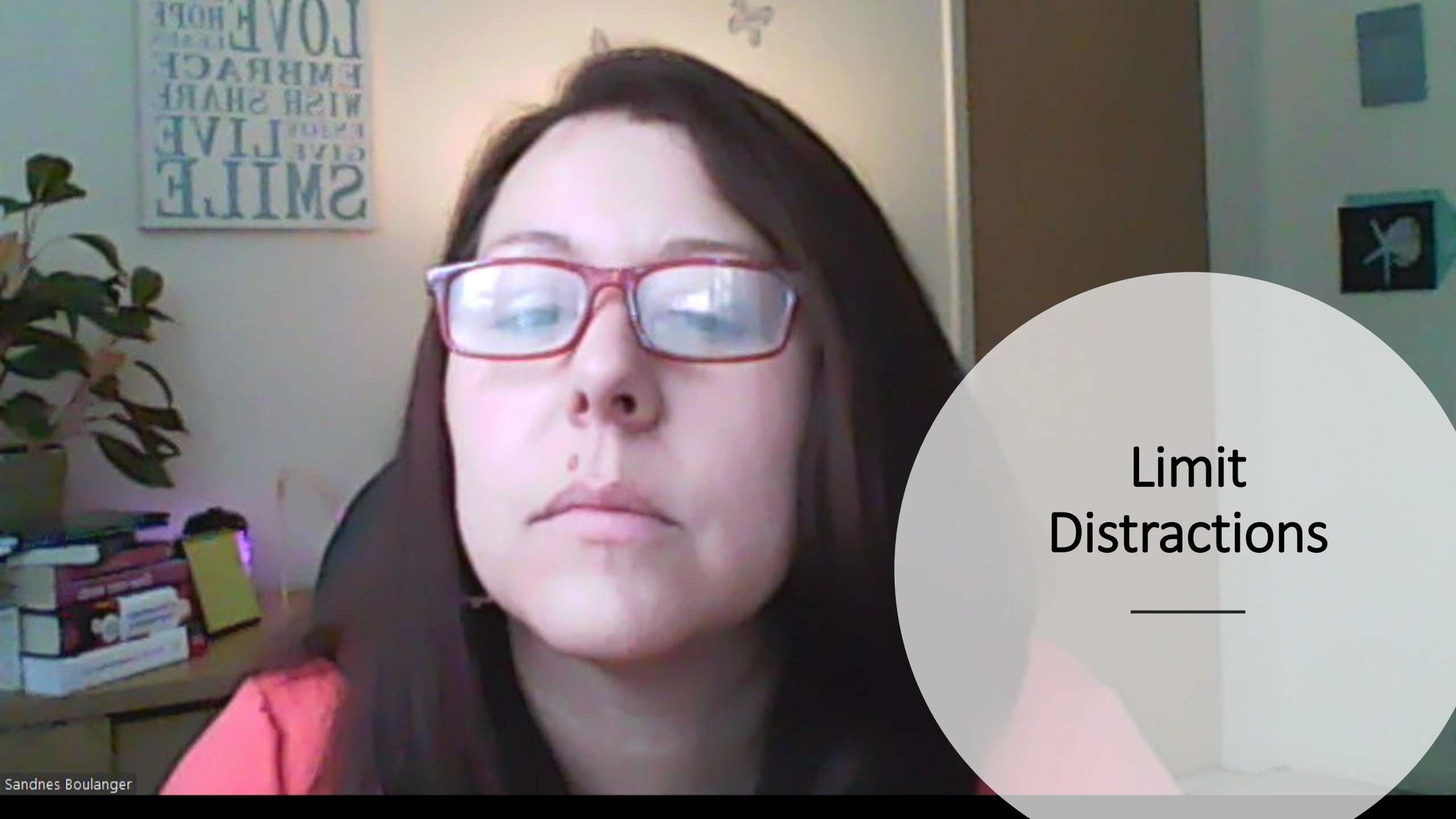
Camera Position is important

- 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?





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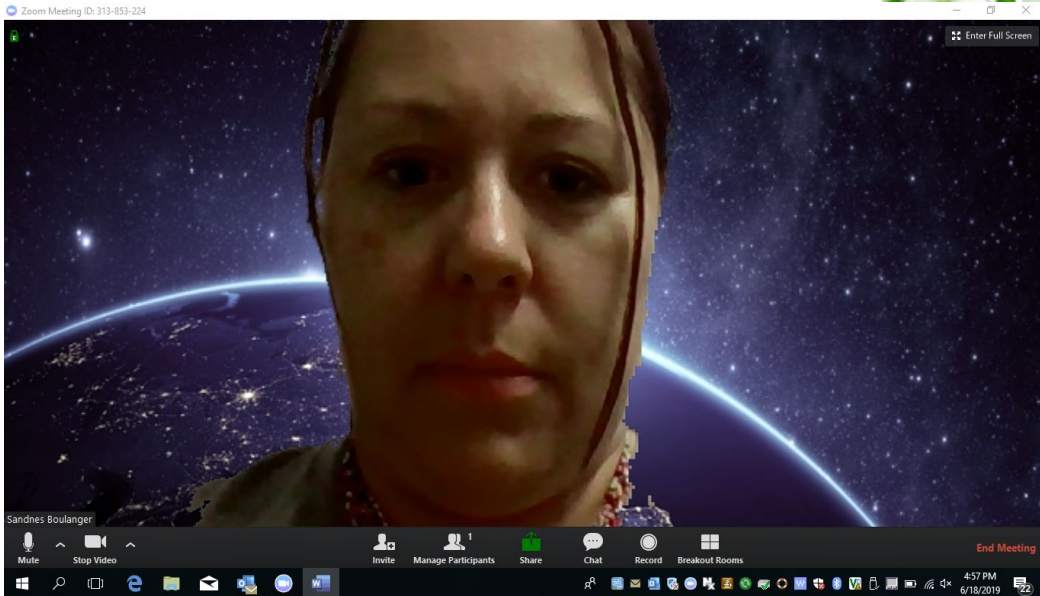
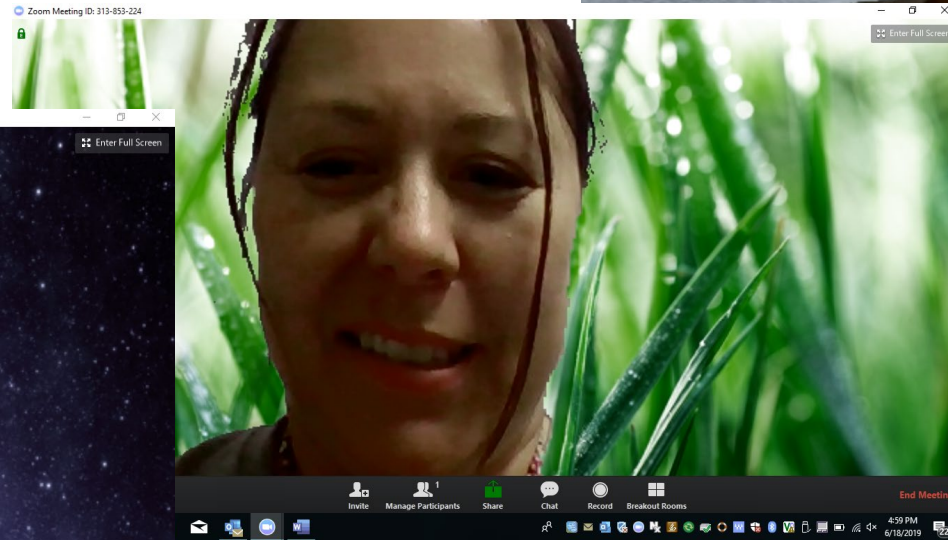
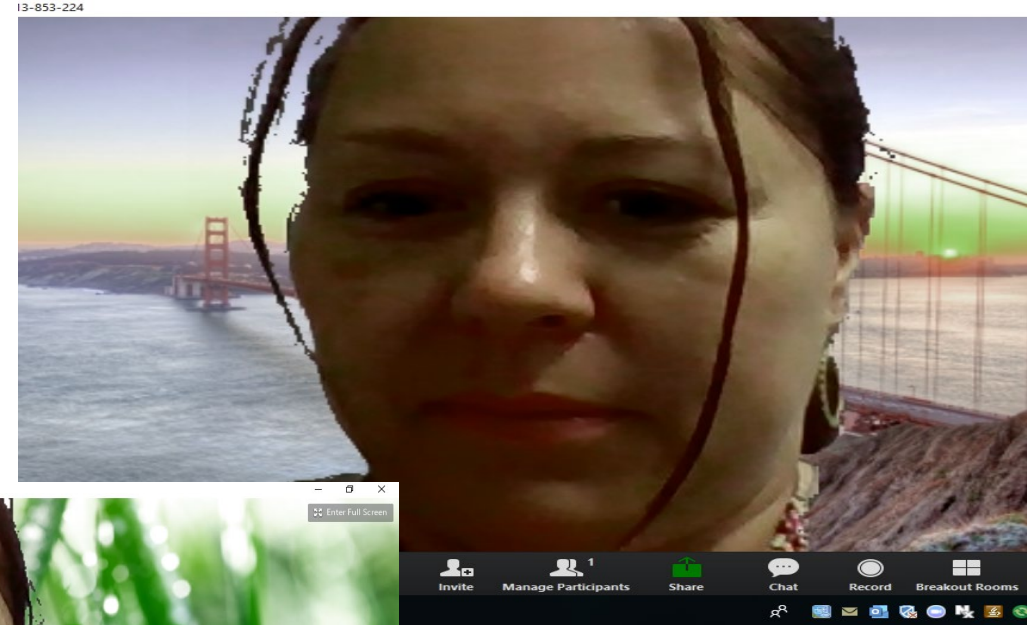
Pros and Cons of this group?

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 !





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Acknowledgments

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Mountain Plains Addiction Technology Transfer Center (MPATTC)

THANK YOU and SEE YOU NEXT TIME !

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