



## Lighting & Recording Reminders:

- If using an iPhone or an android phone, make sure to film with your phone in the vertical position. Also, be sure to use a tripod or have the camera steady.
- Make sure your volume is turned up.
- Film with light in front of you.
- Try and find a nice background or setting as the backdrop (check for objects that appear to be “growing out of your head”).
- Don't over-think what to say or rehearse. Share from your heart!
- Enthusiasm and Authenticity outweigh over-rehearsed and perfect. Be yourself :-)
- Be prepared for anything! This is OFF the CUFF, so I'll be asking questions that might not be the typical question. Be open and willing to share.
- This interview is for people to get to know YOU. Not to sell anything but to share YOU. You will have an opportunity to share how they can find you at the end. That's it ... This is about getting to know YOU!
- Have fun and share yourself!!

# Interview Setup Info:

## **Connecting to the program we use to go LIVE for the video**

Before you and I start, please be sure to have a great internet connection, that your wireless is working well, and that your background looks great. As a guest, everything starts when you receive a link from me, via email, about 5-10 minutes before our start time. Once you get connected, **type your name into the name field and click Join. Now you're in** and you will now see me. We will make sure we can hear each other and that the video looks good. Please be mindful of your background, as stated above. Please be informative, engaging and have a great time. This program is called OFF the CUFF with SDJ for a reason. It is off-the-cuff. So, allow yourself to be open, vulnerable, and ready for anything 😊.

## **Share with your Social Media, Email and Blog peeps**

Our LIVE Interview will be featured on both of our Facebook pages. Please share your link using this or previous images sent to you by Deb. Let your community know when and where you will be joining me. Share a few times the week of the interview and a couple times the day of. After our interview, you can grab the recording and use it on your website or share via social media in whatever way you are guided. This is the page I will be streaming on:

<https://www.facebook.com/SunnyDawnJohnstonFanPage/>



Love & Light, SDJ