

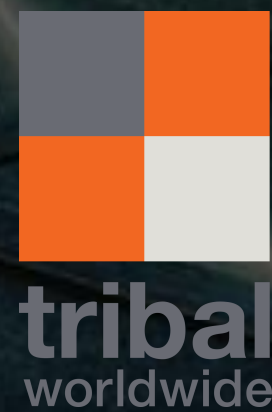
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# Video conferencing 101.



Energy up.





Stand up. Dress up.





Sit up straight.



A light-colored dog, possibly a Weimaraner, is sitting in a field of green grass and yellow dandelions. The dog is looking off to the side. The background is a blurred line of trees.

# Engagement.





Distractions off.





# Camera & Lighting.



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# Video on.





# Dogs & Kids.



Dead air space.





# Transitions.





# fonts & screens





Strong voice.



# Chat window & Hands up.





# Drop out dilemma.



# Names & Bios.





No winging.





A group of children are holding hands in a circle, smiling. The image is overlaid with a dark, semi-transparent filter. The text "Know your audience." is centered in white.

Know your audience.





Anticipate questions -  
Rehearse answers.





A hand holds a white, slightly weathered picture frame in the foreground. The frame is positioned to capture a view of a coastal landscape. The background shows a grassy cliff on the left, a sandy beach, and the ocean under a cloudy sky. The text 'Frame facts - Don't waste time repeating.' is overlaid in white, sans-serif font across the center of the image.

Frame facts -  
Don't waste time repeating.







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