



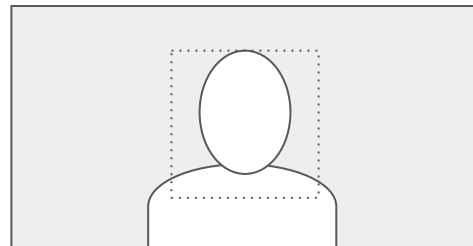
Thanks for being Helga's guest!
Here are four things to look and sound your best.

Audio setup requirements

- Find a quiet place for our conversation.
- Use wired headphones or earbuds. Turn down your computer speakers.
- Turn off all non-essential programs/apps.
- Turn off all potential noise-makers (phones, email, kids, pets, especially pets!)
- Try not to bump the table, It's amazing what the mic can pick up.
- We use Riverside video conferencing - You might want to try [their test page before](#) we do the interview.

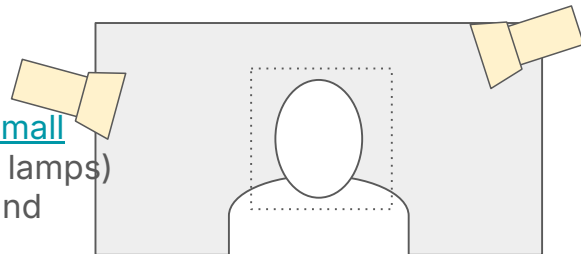
Framing

- Center of the center, we crop for social formats
- Fill the middle half with your head



Lighting

- A [ring light](#) or two [small floodlights](#) (or desk lamps)
- Test for shadows, and shiny bits



Background

- Keep it simple, but interesting, no text.
- Plants are good, avoid windows.

