







Agenda

- The Science of Communication
- Polishing Your On-Camera Appearance
- Hosting a Virtual Seminar



The Science of Communication



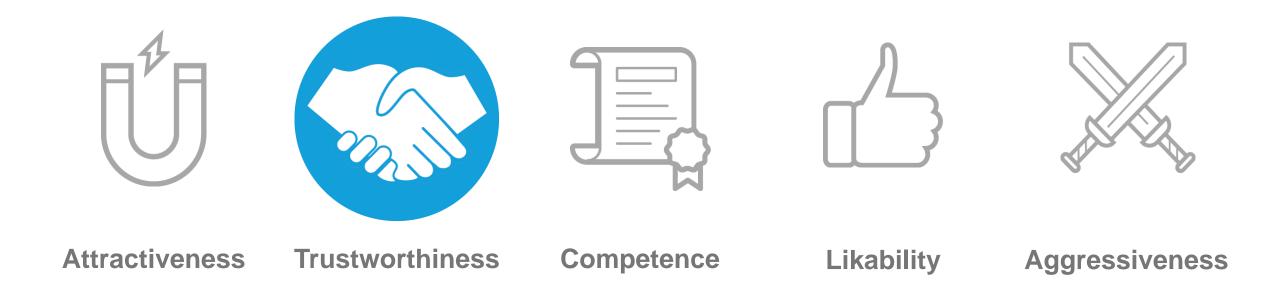


The single biggest problem with communication is the illusion that it's taken place."

- GEORGE BERNARD SHAW

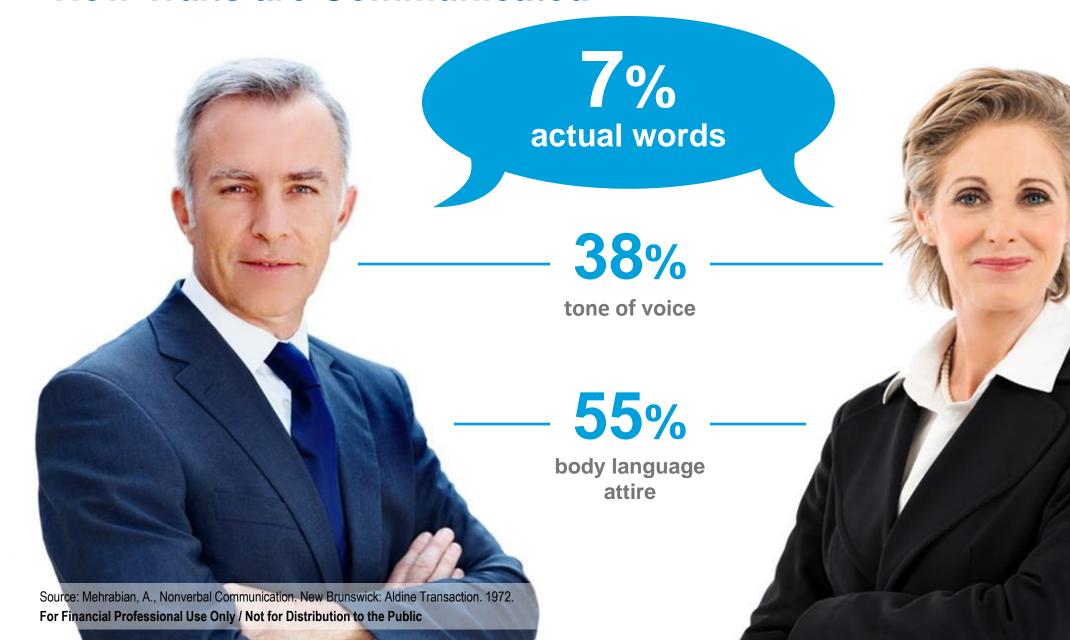


How Impressions are Formed



^{1.} Source: Todorov, A. and Willis, J. First Impressions: Making Up Your Mind After a 100-Ms Exposure to a Face, *Psychological Science*, 2006. 2. Source: Cuddy, Amy. Presence: Bringing Your Boldest Self to Your Biggest Challenges, 2015.

How Traits are Communicated



Why Turn On Your Webcam?

- Small changes for BIG impact.
- More trust and credibility.
- Stand out from the crowd.









Polishing Your On-Camera Appearance

POLL QUESTION

Which clothing options should be avoided on video calls?

- A. Pinstripes
- B. Bold stripes
- C. Busy graphics
- D. Silk/satin fabrics

Source: photography envatotuts+, "what to wear (and avoid!) when presenting on camera

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What To Wear On Camera

Consider Your Image
Camera-Friendly Colors
Confidence





POLL QUESTION

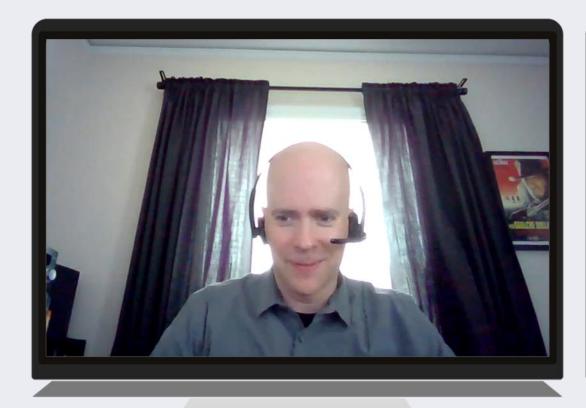
What could be improved in James' environment?

- A. Adjust lighting
- B. Change camera angle
- C. Look at camera
- D. Other



Change camera angle

Your Environment Matters





Gestures & Body Language

- Stay in the strike zone
- Body language > words



Gestures & Body Language

- Stay in the strike zone
- Body language > words
- Posture = Presence



Let's Practice



Give yourself 1 point for each criteria you meet.

- My lighting source is beside me
- I am sitting in front of a window
- My background is professional
- My attire follows the 3 C's
- I have good posture
- My body language is open and engaged
- My camera angle is at eye height

Hosting a Virtual Seminar

POLL QUESTION

What is the most difficult part of hosting a video meeting?

- A. Technology issues
- B. Kicking off the meeting
- C. Where to look
- D. Q&A sessions



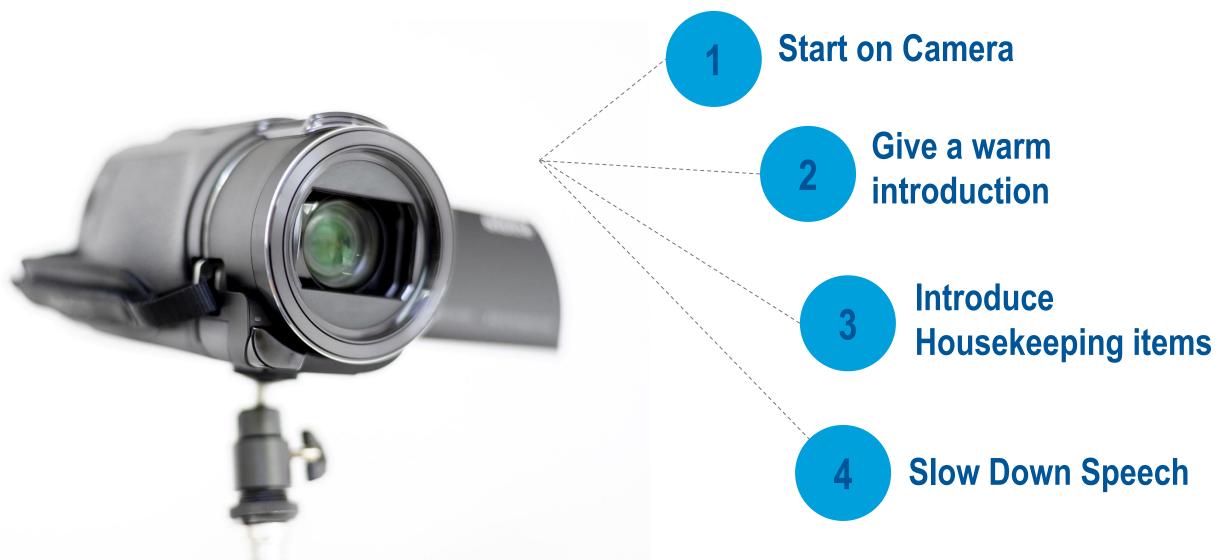
Plan Ahead to Avoid Technology Issues

PRE-MEETING CHECKLIST

- Check settings in your video conferencing tool
 - Internet
 - Audio
 - Camera
 - Audience Controls
- Set up speaker notes, screens, polls, and console
- Set up a direct connection



It's Showtime



Where to Look

Look directly at...

- Content
- Participants
- Camera





How to Address Q&A

- Address on camera
- Use "I" before openended questions
- Mute, Pause and Reply
- Paraphrase & Validate

Key Takeaways

- Nonverbal traits like body language and attire make up more than half of someone's first impression.
- When choosing your attire, remember the 3 C's consider your image, camera friendly color, and confidence.
- Good lighting and background can make a big impact on your on-camera presence.
- When hosting a meeting use the pre-meeting checklist to test your technology, start the meeting on camera, paraphrase and validate questions to encourage participation.



"The conversations are deeper, life-oriented, more emotional and therefore more meaningful. It is likely that advisors will look back at this time as the period when they made their clients life-long relationships."



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