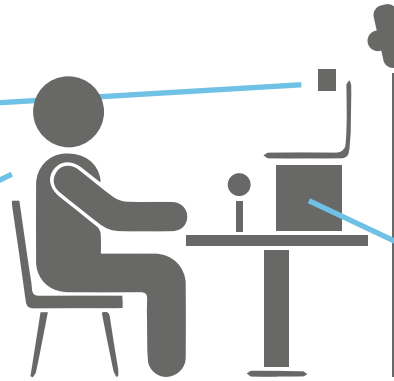


## 1

### SETUP

Camera, webcam or laptop in focus and at eye-level

Good posture



Front-facing lighting

Microphone to improve sound quality

## 2

### HOW YOU SHOW UP



**Eyes** visible and approachable expression

**Head** and shoulders in view

Clean, thoughtful **background**

## 3

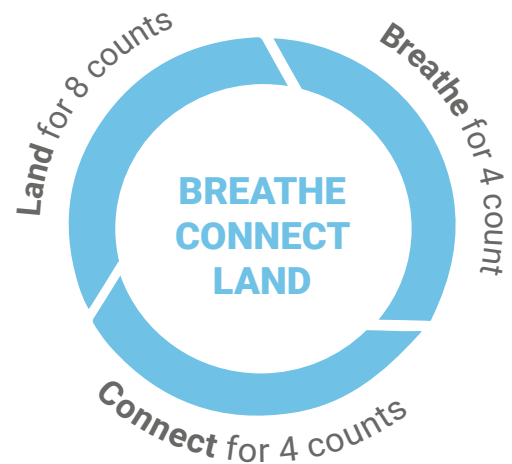
### BREATHE, CONNECT, LAND

Take a moment in between meetings to reflect on the previous discussion and prepare for the next interaction.

**Breathe** in for 4 counts; focus your intention.

**Connect** for 4 counts; think of your audience.

**Land** for 8 counts; deliver with confidence.



# ROB RECOMMENDS

## ONLINE VIDEO EQUIPMENT LIST 2022

### BEST MIRRORLESS CAMERAS

#### Panasonic Lumix GH5

Amazon.com : Panasonic LUMIX GH5 4K Digital Camera, 20.3 Megapixel Mirrorless Camera with Digital Live MOS Sensor, 5-Axis Dual I.S. 2.0, 4K 4:2:2 10-Bit Video, Full-Size HDMI Out, 3.2-Inch LCD, DC-GH5 (Black) : Camera & Photo



#### Panasonic Lumix GH5s / Panasonic Lumix GH5 II

Next generation / excellent improvement

#### Lenses

Sigma 30 mm

Amazon.com : Sigma 30mm F1.4 Contemporary DC DN Lens for Micro 4/3: Camera & Photo

Lumix 12-35 Kit lens

#### Power Adapter

Amazon.com: G9ine DMW-DCC12 DMW-AC8 AC Power Adapter DC Coupler Charger Kit Compatible with Panasonic BLF-19 Battery, Lumix DMC-GH3 DMC-GH4 DMC-GH3K DMC-GH4K DC-GH5 DC-G9 Digital Camera.: Electronics

#### Cable for capture card – Panasonic

Amazon.com: 4K High-Speed HDMI Cable 1M/3.3FT,Highwings High Speed 18Gbps HDMI 2.0 Braided HDMI Cord 30AWG 4K@60Hz Compatible 4K HDR,HDCP 2.2,Video 4K UHD 2160p,HD 1080p,3D PS 3 4 PC Blu-ray ect: Industrial & Scientific



### CAPTURE CARD – FROM CAMERA TO COMPUTER

#### Best - Elgato

Amazon.com: Elgato Cam Link 4K, External Camera Capture Card, Stream and Record with DSLR, Camcorder, ActionCam as Webcam in 1080p60, 4K30 for Video Conferencing, Home Office, Gaming, on OBS, Zoom, Teams, PC/Mac

### WEBCAM (USB CONNECTION)

#### NexiGo N940P 3x zoom

Amazon.com: Zoom Certified, NexiGo N940P 2K Zoomable Webcam with Remote and Software Controls | Sony Starvis Sensor | 1080P@ 60FPS | 3X Zoom in | Dual Stereo Microphone, for Zoom/Skype/Teams/Webex (Black) : Electronics

### MICROPHONES

#### Rode Podcaster - USB connection

Amazon.com: Rode Podcaster Studio Custom Kit: Podcaster, Two-Section Broadcast Arm with Integrated USB Cable, and PSM1 shock mount: Electronics



#### Rode Procaster – hard wired 3.5mm plug

Amazon.com: Rode Procaster : Rode: Musical Instruments

#### Rode NT

Amazon.com: Rode NT-USB-Mini USB Microphone with Detachable Magnetic Stand, Built-in Pop Filter and Headphone Amplifier: Electronics

### BEST BOOM MICROPHONE FOR VIDEO SHOTS

#### Rode NTG2 shotgun mic

Amazon.com: Rode NTG2 Multi-Powered Condenser Shotgun Microphone,Black : Musical Instruments

### BEST HEADSET

#### Shokz Bluetooth headset

Amazon.com: Shokz OpenComm Bone Conduction Open-Ear Stereo Bluetooth Headset with Noise-Canceling Boom Microphone - Wireless Headset for Mobile Use, with Bookmark : Electronics



### LED LIGHTING

#### Dracast 1,000 (best)

Dracast LED1000 Pro Bi-Color LED Light with V-Mount Battery Plate DRLED1000BV (adorama.com)

#### Dracast 500

Dracast LED500 Plus Series Bi-Color LED Panel Light - Draco Broadcast

#### Angler softbox and grid

Amazon.com : Angler Grid for Collapsible LED Softboxes - : Electronics

### BEST LIGHTING FOR OFFICE USE

#### Ring Light 18"

Amazon.com : Neewer Ring Light Kit:18"/48cm Outer 55W 5500K Dimmable LED Ring Light, Light Stand, Carrying Bag for Camera, Smartphone, YouTube, TikTok, Self-Portrait Shooting, Black, Model:10088612: Electronics



### TELEPROMPTERS

#### Glide Gear

Amazon.com : Glide Gear TMP 750 17" Professional Video Camera Tablet Teleprompter 70/30 Beam Splitting Glass with Hard Protective Carry Case : Electronics