

Let's Get Ready



The Show

The vibe of our chat aims to be warm, authentic, intimate, experiential, fun, trustworthy, down to earth. It aims to be a conversation as well as an interview.

Your Story - The Pod

The pod uncovers what happens behind the scenes; authentic personal experiences and learnings, so the more intimate and insightful you can be the more successful the pod is likely to be.

Ending - The Pod

I will ask two standard questions at the end of the pod:

- a book, film, or person that has changed your life for the better, helped unleash yourself, that others may be able to look up?
- a question that they would like me to answer.

Podcast Essentials

- We will meet at our scheduled time here: <https://riverside.fm/studio/flow-unleashed?t=f574039f2f1882484d0b>
- Join the recording 5 minutes prior so you have time to set up your microphone and camera in the Lobby before entering the Studio
- Pick a pleasant backdrop (plants, books, space) - nothing too distracting, and not a blank wall please. I suggest something relevant to you
- Take up 1/3 of the screen (head and shoulders should be in view)
- Ensure all notifications from your computer are switched off
- Finish sentences cleanly
- Enjoy the conversation

IMPORTANT: During the recording, your computer automatically saves your high-quality audio and video. Then it uploads your recording to Riverside. **DO NOT CLOSE YOUR BROWSER.** Leave the Riverside browser window (or app) open after you finish recording until you see Upload Complete or 100% Uploaded.

Choose a Quiet Environment

- Choose a quiet space for the interview to minimize background noise and distractions
- Avoid flat walls and empty rooms - think bookcases and furniture like a couch that help to swallow up unwanted room noise
- If you can avoid unnecessary noise (e.g. a creaky chair when you move) that's great
- Turn off notifications on your devices to avoid interruptions

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Microphone

If you have a decent external microphone that's great. Avoid using built-in laptop microphones and earbuds. If you are not set up for professional podcasting, there are plenty of cheap microphones that are worth the investment: <https://www.musicradar.com/news/best-podcasting-microphones>. A cheap and discrete Rode SmartLav+ mic can easily do the trick if you have a microphone port on your computer.

Connecting on your phone is also an option:

- Download and install the Riverside app on your device
- Connect to the studio and stay in the Riverside app while recording
- Leave the Riverside app open until you see the 700% Uploaded confirmation after you're done

Wear Headphones

Wear headphones or earbuds to prevent audio feedback and ensure clear communication with the host. Avoid using speakers.

Use a Strong Internet Connection

Use a wired internet connection if available, as it is more stable than Wi-Fi.

If using Wi-Fi, ensure a strong signal to prevent dropouts or lag during the podcast.

Once you connect to the link to the studio, open it in your Google Chrome or Microsoft Edge browser and you'll be asked to choose your Microphone and Speaker /Headphones.

Click join studio and you're away.

