

Screen Coaching 1

Now that we are all communicating via screens, it's time to consider our video set up.

This is not about vanity, it is an act of kindness for those with whom we interact! Our presentation/image on screen makes it easier for them to stay engaged with us. This helps them stay focused and engaged, which helps them learn better.

The number one thing you can do is raise your screen.

None of us look good when looking down on people.

If your screen is on your desk and you are looking down into it, your friends are looking at:

1. Your face from one of it's least flattering angles
2. Your face lit by blue light, which is not flattering to anyone
3. Probably your ceiling
4. Maybe unconsidered background images
5. Probably strong backlighting.



This is about as good as a desktop image gets. This angle is not flattering for anyone. I have great crown moldings, but seriously, hardly anyone's ceiling is terribly interesting. This image was taken by a bank of windows, so the lighting is decent, but desks don't emit light, so the laptop on a desk is a horrible lighting setup.

This is what most of us do to our friends. It's cruel. The lighting is horrible, the angle is unflattering, and we do not look like ourselves!



Ways to raise your screen:

Books

Zafus (if you're a student and you know what that is.)

Any cardboard box

It doesn't matter how you raise your screen, just do it.

This image



Becomes this



By doing this



Isn't that a much kinder thing to do for your friends and colleagues?