

HOW TO GET INVOLVED WITH #NPWLIVE TALKS

We are creating a directory of video content to inspire, motivate and amplify voices from the north and beyond. We are passionate about giving people a platform and a stage to share insight, expertise and top tips. Equally, come out of your comfort zone and take the spotlight. It's time to be heard!

WHAT SHALL I TALK ABOUT?

Our themes are **Choose, Challenge or Change**. We all have something we can share or pass on so select a theme that resonates with your story and passion.



TOP TIPS AND ADVICE

- Choose a topic and theme you are passionate about
- Select how you want to communicate e.g. spoken format, performance, demonstration (all great ways to engage)
- Record your video landscape.
- Make sure you are properly lit, avoid having a window behind you, we want to see you!
- Avoid holding your camera or phone - try propping it up - a shaky video can be distracting from the story you're telling!
- Try not to read from a script, the best talks come naturally.

HOW DO I GET MY VIDEO TO YOU?

Email your video to connect@northernpowerwomen.com by 22 February 2021. If your file is too large please use [wetransfer.com](https://www.wetransfer.com), simply upload your file to the website, enter your own email address and the email address above, include a message if you would like and press send!

Your video may be streamed during the NPWLive event!
#NPWLive #PayItForward