

HOW TO GET INVOLVED WITH #NPWLIVE TALKS

**Record a bite-sized video under 3 minutes, exploring a time when you made a choice to challenge for change. A time when you powered on, re-wrote the rules, challenged your own imposter syndrome, perfectionism, presenteeism or leadership style!
We want your voices and experiences to be heard!**

FOR EXAMPLE

“I made a choice to be resilient when...”
“I challenged the status quo when...”
“I chose to change...”



HOW DO I GET MY VIDEO TO YOU?

Email your video to connect@northernpowerwomen.com.
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!

TOP TIPS AND ADVICE

- Record your video landscape.
- Make sure you are properly lit, sit facing the window not faced away, we want to see you!
- Try not to hold the camera, a shaky video can be distracting from the story you're telling!
- Write down your main points but try not to read from a script, the best talks come naturally.

Your video may be streamed during the NPWLive International Women's Day event!

#NPWLive #PayItForward

