

Fast facts for Congress presenters

Prepare

Setting up your at-home live-streaming or recording space is an important first step to giving an exceptional presentation.

Your at-home space

Find a quiet and distraction free place within your home for your presentation. Lighting is important – where possible, choose a space that is bright and has a natural source of light. Keep in mind that a cluttered background can be a distraction for attendees and can take away from your presentation.

Your at-home tech

Ensuring you have a strong internet connection is key! If you can, connect your computer to an Ethernet cable, or choose a spot that is closest to your modem. Use a microphone or a headset with a mic for your presentation to eliminate background noise and increase clarity. You can test your audio connection here: <https://zoom.us/test>.

Practice

Just like you would for an in-person presentation, it is important to practice your presentation before logging into Zoom for your session. Be animated, engaging, and aware of your pace!

Present

Record and submit (if applicable)

If you are recording your presentation, [read about our tips for recorded presentations](#). Connect with your association to receive the required link to upload your recording. Once you have submitted your video, sit back, relax, and wait for Congress 2022 to begin!

Present live (if applicable)

If you are presenting live, [read about our tips for live presentations](#). Be sure to enter your Zoom room **15 minutes prior to your session start time**. Ensure your tech is working, take a deep breath, pace yourself, and start your presentation!

Be mindful of your audience and presentation by [reading our accessible presentations guide for Congress presenters](#). Accessible presentations help accommodate according to a person's unique needs and contribute to the inclusive spirit of Congress 2022.

Thank you for participating in Congress 2022!