

### Before You Record

**Take a moment and gather a story.** This is meant to be fun, sharing, and personal; relax!

*We're all human with unique stories to share.*

We're looking for a personal story of someone who touched your life or a real-life event which changed you. Please think of this as a narrative; a story (with real people and places) that showcases the power of helping people and what we do everyday in personal care services.

Keep recordings under 1:30 minutes per clip.  
You can take as many takes as you'd like!



### Recording With a Cell Phone

1. Place the phone eye-level.
  - a. Make sure the phone is sturdy & stationary, ideally propped up in front of you so you are looking straight into the phone (not down or up).
2. Please have the camera horizontal (We are not using vertical video).
3. Please select a neutral background behind you.
4. Have nice soft light in front of you (window or lamp), hitting your face.  
Avoid having bright lights behind you.
5. When recording
  - a. Hit record, count to three (ONE, TWO, THREE) and take a deep breath before you start talking. This will calm you AND gives the video editors time to open your video with music and titles.
  - b. When finished, end with **“and that is my mission moment”**
  - c. Then, count to three (ONE, TWO THREE) and proceed to stop the recording.

### Sending Your Video

Use the QR Code to the right to upload your video to our dropbox account.

OR

Email your video to [yourpartner@pahomecare.org](mailto:yourpartner@pahomecare.org)

