

## **ResilienceCon Online: Putting Together an Impactful Online Talk**

All ResilienceCon breakout sessions are interview based. Each session is divided into 3 roughly equal segments, the presentations (more on those types in “Orientation to ResilienceCon Session Formats”), a Q&A with the host, and an open Q&A (moderated by the host) with the audience.

We have found this format to be more engaging and memorable than the usual sage-on-a-stage with limited interaction and have seen it translate well from in-person to online. Almost everyone does a better job of communicating their passion and expertise in the Q&A format. Here are some other ideas to help:

### **Overall Presentation Tips**

1) *If you use slides, simplify them.* We recommend this always, especially for the 20X20 format. However, this is even more important in an online context.

People will be attending using a range of different screens and screen sizes. For online presentations, it is even more important to:

- a) Keep text and images toward center of slide.
- b) Make sure all text and images are large enough to read on a laptop-sized screen.
- c) Make sure there is good contrast. Generally speaking, a solid dark background (in blue, green, or similar) with light text will be easiest for people to read. Avoid fussy designs.

2) Use pictures! But be sure you have the legal right to use them. **WE CANNOT POST ANY VIDEOS WITH IMAGES THAT ARE BEING USED IN VIOLATION OF COPYRIGHT.**

a) My favorite sources of open access photos are Pixabay and Unsplash. Wikimedia and Flickr have a lot of good ones too.

b) In Google, if you are looking for an image, enter your search term (ex, rainbow), click on Images, and then go to Tools (all on the upper left quadrant of your screen).

Under Tools, choose Creative Commons License.

c) It's appropriate to give the correct citation for an image just as you would for a fact or research finding.

3) Print a backup copy of your slides so you can continue even if you have technical issues.

4) Consider keeping a backup device handy if you have wi-fi or connectivity problems. I use the personal hotspot on my phone as a backup (tell your phone to forget the wi-fi network and connect using cell tower data). For important meetings, I keep that prepped and ready to go.

5) Make sure your audio and video settings are ready to go. Do this before your session starts!

6) Look at your camera when you are speaking. This is really, really important in an online environment. In Zoom, the temptation is to look at the gallery of all the faces you are trying to connect with. In informal meetings, I often do this too—I'd much rather look at those faces than the camera lens. However, when you are speaking, that often creates the image that you are

looking away while you are talking. Know where your camera is and get used to speaking to it.

7) Consider using the “Hide self view” option on Zoom. Feel self-conscious when you see yourself on Zoom? There is an option to turn off your own image, but still see everyone else.

8) Be sure to turn off desktop notifications, silence your phone, and minimize loud background noises to the extent that you can. If you will be presenting from a space that is shared with others, let them know when your presentation is, so they know the difference between other panels you might attend, when you are probably mostly muted, and your big moment. Also be sure to update Zoom before the conference.

9) Avoid animation and video. Streaming-within-a-stream can be challenging without a very good connection. Better to keep it simple and move more quickly to the interactive Q&A.

### **Content Guidelines**

9) ***Focus on your take-home message.*** That may be the single most important content guideline, and perhaps the best thing I was ever taught. If we only remember one or two things from your talk, what do you want those to be? Make sure they are front and center throughout.

10) ***Just briefly describe your background and objective***—like an abstract or a medical journal. Unless you are presenting a literature review, people are there for your new data.

11) ***Keep your content focused on your results***, if you are presenting data.

12) ***For data-based talks, also keep the Method brief.*** Give enough info to understand the broad strokes (sample size, population), but don’t burden people with unnecessary details. Just use that to build momentum to your Results.

13) ***Don’t show every statistic or analysis that you’ve conducted*** (or found in a review). Spend some time identifying what the key findings of your study are. We are not going to remember every correlation in a correlation table (there’s seldom a reason to show those). What do you want us to remember?

14) ***Your Discussion should focus on implications for research and practice***—don’t just repeat the results. What could other people do differently now that they have heard your talk?

15) ***Consider adding your pronouns to your name on your profile.***

### **Practice, practice, practice!**

Practice out loud, in advance, ideally multiple times (easier with brief talks). I went through a phase when I decided (wrongly) that I was experienced enough to skip practice, but I’ve found it still makes a difference and helps me clarify my thinking. I thought I practiced a lot, relatively speaking, until I did a TEDx talk. I probably practiced that 40 or 50 times! Although that’s not necessary, it did make me re-calibrate my practicing scale.