



Working with busy people to improve heart health, so they can work well, feel better, and stress less.

AV Requirements

Power Point & Video:

- Eliz will present Keynote/PowerPoint and video using a MacBook (and required dongle) and a remote with a 50 foot range.
- Client will provide:
 - LCD Projector of at least 1000 lumens compatible with MacBook
 - Remote for advancing PowerPoint slides if projector is out of 50' range
 - On-site A/V support to troubleshoot before and during the presentation
 - Screen: 8' or larger on a riser immediately adjacent to the speaker's riser.

Audio:

- Microphone: Wireless over the ear or lavalier microphone. For back up a 2nd lavalier with a wireless handheld (or corded with at least 50' of cord) for back up
- Audio connection for MacBook/projector: Eliz uses video with sound and music (from MacBook)

Room Setup:

- For Women Have Balls & Juggling Lessons for Life, a props table is required.
- For either of the active lifestyle programs a chair is required.
- For safety, please be sure to tape down all cords!
- Speaker's Riser: If your group is more than 100 people, a riser, platform or stage is needed for Eliz to be seen (she's only 5'3"!)
- The presentation works best when Eliz is as close to the audience as possible. Orient the room so that the stage is on the longest wall (to make a wide room rather than a long room)
- Seat audience so that all chairs face Eliz, or leave enough room between tables so that chairs may be turned after eating.
- Provide a well-lit room, with extra lighting in the area where Eliz will speak, if necessary.
- Darken the lighting over the screen (loosen or remove light bulbs if necessary)
- Please conclude table service before Eliz speaks. (Coffee service is acceptable, but table clearing is very distracting to the audience)
- Sales Table: Eliz will have educational and motivational items for sale. Please provide a draped table for these items.

Please note: Video or audio recording of the presentation requires Eliz's prior consent. The client must provide a copy of any recording (in editable format) within 30 days of recording. Recordings may not be sold.