

# Habits to Build Starting Now

On-Screen Presence	<ul style="list-style-type: none"><li>❑ What does your <b>background</b> say about you?</li><li>❑ Position your <b>head &amp; shoulders</b> on screen for confident engaging presence.</li><li>❑ Sit on <b>edge of chair</b> or stand for energy and passion.</li><li>❑ Use the triangle for <b>eye contact</b> to connect.</li></ul>
(re)Capture Attention	<ul style="list-style-type: none"><li>❑ Thoughtfully leverage <b>mirror neurons</b> and <b>prime emotions</b>.</li><li>❑ <b>Gesture on screen</b> to enrich communication.</li><li>❑ Leverage your <b>voice</b> to create imagination and capture attention.</li></ul>
Brain-Friendly Visuals	<ul style="list-style-type: none"><li>❑ Simplify visuals to <b>avoid cognitive overload</b>.</li><li>❑ Create <b>fluency</b> with font, contrast, spacing, words, syntax, recency.</li></ul>