

DESIGNED BY SPEECH THERAPISTS FOR  
THE CLIENT

# HOW TO PREPARE FOR A VIDEO CONSULTATION

SIMPLE STEPS WITH BIG IMPACT



## ENVIRONMENT

Find a "safe", quiet and comfortable space. One you'll feel comfortable in for the whole session, away from listening ears or noisy housemates. Avoid possible disruptions e.g lock the door, put the phone on silent. .

## POSITION

Position your device in front of you at eye level. Don't look up or down into the camera. Avoid leaning forward towards the device. Sit back in your chair. Keep your neck straight and shoulders relaxed. Have your head, neck and shoulders visible on camera.



## LIGHTING

Find a space with warm lighting, where your face isn't flooded with window light but you're clearly lit so that your therapist can see you clearly during the consultation.

## VOLUME

Use a normal speaking volume. Don't be tempted to talk loudly. You might be used to raising your volume when speaking face to face but you don't need to on a video call. Wear a head set and mic for optimal sound



## WATER

Have a large glass of water near to you from the start of the session. Take regular sips whilst in conversation and between therapy tasks.

Prepare your environment about 15 minutes before your appointment time.

Test your equipment before the start of your session.

Sit close to your broadband router

Enjoy your session from your own home with no travel necessary.



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