

The Shadow Self – A Journey Within Podcast

Interview Preparation

Here are a few things you will need to know to prepare for your interview. Hopefully these instructions will help ensure that the recording process will go smoothly for you.

- Optimally a USB Microphone is best for recording episodes OR a headset with microphone works fine too. Using the built in microphone on your computer is not the greatest sound quality for recording. If you don't have a USB Mic or a headset, perhaps ask around if you can borrow one. To purchase a USB mic or a headset costs around \$30.00. Once you plug the mic into your computer, go to your sound settings and under the input tab, select the USB Mic option.



- Being in a quiet environment will ensure great sound quality during the recording of the interview. Sometimes microphones can pick up a lot of background noise. If you are using a USB microphone, we suggest wearing earbuds during the interview for the best listening experience.
- We will send you a link via email and/or Facebook Messenger 15 minutes before your interview to click on. That will connect you to Zencastr recording platform. Once you click on the link, it will ask to type in your name, click enter and then you are connected. Zencastr requires Google Chrome or Firefox (preferably Google Chrome) browser in order for it to run. If you don't have either of these browsers, please download one of them on your laptop or desktop before your interview. They are both free downloads. Currently, Zencastr does not have an app available for mobile phones.
- Just a reminder, if you goof up while talking, don't worry about it. Just pause and start that sentence over. This is a recording and we can edit it.

Thank you once again for giving us the honor of your presence to interview on our podcast. Sharing your stories about working your shadow self will inspire and help others live their authentic selves. This is what the listeners need to hear. Shine your light! Good luck!