



PROFILES IN SUCCESS

Guest Welcome & Prep Guide

Congratulations — you’ve been invited onto Profiles in Success, our interview series spotlighting people who’ve built remarkable lives and businesses. This is your story, told well. Here’s everything you need to show up prepared and look your best.

Two Things to Send Us First

- 1. A high-resolution headshot (JPEG).** Recent, clear, and well-lit — head-and-shoulders, at least 1000×1000 pixels. We use it for your episode thumbnail and promotion.
- 2. A short bio (75-150 words).** Written about you in the third person: who you are, what you do, and a couple of accomplishments you’re proud of. Include how you’d like to be introduced on the show.

Helpful extras: the website and social handles you’d like us to promote, and your signed appearance release (we’ll send it separately).

What to Expect

- **It’s a conversation.** A relaxed, recorded video chat — usually about 30–45 minutes. It feels like talking with a friend, not a formal interview.
- **Recorded on Riverside.** You’ll get a link — just click it in Chrome and allow camera and microphone. No download or account needed.
- **We’ll edit and share it.** The conversation becomes a YouTube episode, and we may pull short clips for social. Nothing goes out that makes you look anything but great.

Set Yourself Up for a Great Recording

Audio & connection

- ☐ Use wired headphones or earbuds — this prevents echo. A USB mic is great if you have one.
- ☐ Get on the strongest internet you can; hardwire with ethernet if possible, and ask others not to stream during the call.

Video & framing

- ☐ Join on a laptop or desktop in Google Chrome — not your phone.
- ☐ Face a window or a lamp so the light is in front of you, never behind.
- ☐ Put the camera at eye level (stack a few books under the laptop) and frame yourself from the chest up.

Environment

- ☐ Pick a quiet room, close the door, and silence your phone and notifications.
- ☐ Close other apps and plug in or fully charge your computer.
- ☐ Wear solid colors — they read best on camera. Avoid tight patterns and busy logos.

What We'll Talk About

So you can reflect — there's no need to script or memorize anything. We'll cover your journey in a natural arc:

- Your story — where you started, and where you are now.
- A turning point, and what actually moved the needle.
- A lesson or habit that made a real difference.
- The advice you'd give someone earlier in the journey.

Come as yourself. The best moments are the honest ones. We can pause or re-take anything at any time — relax and enjoy the conversation.

Logistics

Date & time: _____

Your Riverside link: _____

Approx. run-time: _____

Questions? Reach us at: _____

We can't wait to share your story.

— JB & the MorningCoach® team