

Rising Angels Broadcast Submission Guide

We can't wait to hear your story...

Dear Sisters,

Thank you for taking the first step in becoming part of our Rising Angels Broadcast! It is by sharing stories like yours that we can create a source of inspiration and education for women around the world.

My own life changed for the better when I shared my story with Alex and Heather, my mentors and the founders of Alita Ventures. They helped me open a path to take my fate into my own hands and follow my passion of becoming a business owner myself. I can't wait to hear your story!

Yours truly,
Paula



Before we start...

We appreciate and respect your story!

With this interview we want to get to know you and want to inspire women around the world through your journey.

To do so, we are looking for people who can offer their generosity of spirit, who show their willingness to look at their failures, their setbacks, and to show vulnerability.

We want to help women by introducing them to relatable role models like you and whatever you share with us, be assured that we will treat your story with respect, fairness, and sensitivity.





Selection

We are looking forward to welcoming you within our growing network.

Amongst all video submissions, we will select a number of women whose stories will be featured on our website.

We connect you with leaders within our global mentorship program.

We facilitate a community of remarkable woman that help each other through collaboration and mentorship.





Video Submission

How do I submit my video?

When you are finished taping your video, please submit it via our Uploader under www.alitaventures.com/rising-angels-broadcast.

We want to convey your story as professionally as possible. This is why we recommend you follow this short guide below or watch the video on our website about how to best film your own interview.

Shooting

Our recommendations

◆ Camera

For recording your self-interview, we recommend:

- Shoot using a newer model smartphone in landscape mode (on a tripod horizontally),
- Computer with a dedicated webcam
- Any camera capable of shooting video (small consumer camera or DSLR).

◆ Natural Light

Admissible for submission:

- Stabilized natural lighting (sunlight in an area where the intensity of the light does not change much during your interview)
- Practical lighting (room lighting fixtures, standing or table lamps)
- Production style lighting is preferred when available (ring lights or soft boxes).

◆ Contrast and Definition

It is important that you light your face well with soft indirect lighting that shows your features and expressions without losing the quality of the image.

You can also create contrast and definition by lighting yourself more than your background for a more dynamic look.



Shooting

✓ Speech

- When delivering answers, if you stumble or stutter on a word, pause and then restart the last sentence.
- When moving from answer to answer, or at key points of your story, pause and leave vocal room between concepts in order to allow for smoother editing.
- Be mindful of words of hesitation such as “um” or “uhh” and deliver your answers a bit slower than you normally speak in order to control these placeholder sounds.
- Don’t obsess over not saying these words – as in moderation they do add character to speech – but be cautious that they do not happen too frequently.

✓ Audio

Audio quality is also an important aspect of the self-interview.

- Record in the quietest place that is available to you.
- Avoid area with open windows, wind, large appliances, electronics, air vents or cooling ducts, or anything that may generate buzzes or hums.
- On-board computer and mobile device microphones are sufficient (be careful not to handle the device in any way while talking, as the vibrations from your hands will create more sound than you realize)
- Dedicated USB or direct line microphones are preferred for both devices and cameras.

Basic Guidelines

Picture 1: Medium shot with rule of thirds



Camera Placement

Consider your camera shot as cut into thirds and place yourself in the opposite third to the direction that you are looking. For example, if you are looking to the left of the camera, place yourself on the right third of the frame.

Background

When framing up your shot, consider your surroundings. Try not to place yourself directly in front of a boring white wall, but also try to avoid shooting where there may be major distractions going on in the background.

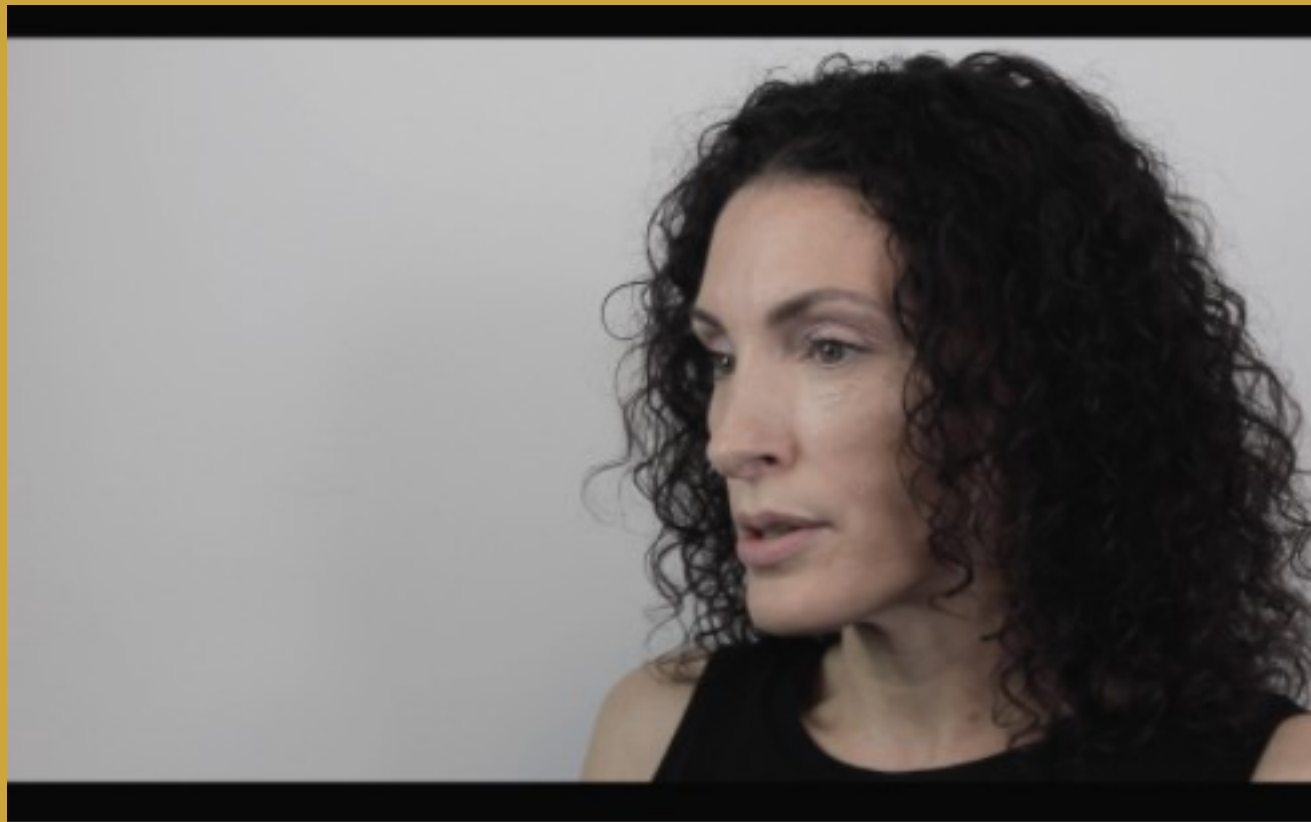
Framing

If you are shooting with a single camera, frame yourself with a wide to medium shot, giving yourself just a little bit of “head room” (the space between your head and the top of the frame) and ending the lower part of the shot around your midsection.

More Ideas

Feel free to creative to share your story in the best way possible...

Picture 2: Close Up shot in case of second camera



If you have a second camera (alternatively you can also tape your interview a second time with the same camera), use it to get an alternative Close Up shot of yourself by placing the second camera fairly close to your first and framing yourself from your neckline to the tip of your head.

Be sure to use the same Rule of Thirds for this shot as you do for your Wide; if you are on the right third of your Wide Shot, you need to be on the right third of your Close Up (see picture 2).

Interview Questions

Overall this is your interview! Tell us the story in the way you feel is best.

Use the following questions as a framework to guide the structure of your interview and to help organize your thoughts. Feel free to just answer the questions below within your video, add other questions that you would like to answer or leave some out that you feel uncomfortable with.



Tell us about your roots. Where are you from, how was it growing up there?



Describe what defined your struggle, describe your pivotal moments and how that experience brought you here today. This is both in regard to the bad and good events that have happened to you.



What was the point in your life when you realized that you could either let your situation keep you down or that you could fight to overcome and persevere?



Additional Interview Questions



- ✓ What helped you to keep strong and a positive attitude during the worst times? Or was there a time that you wanted to give up and how did you find the strength to go on?
- ✓ Who is your inspiration, your hero/heroine, and what support did they give you during your life? (such as guidance, advice, financial, housing, friendship etc.)
- ✓ What is your advice to other women who find themselves in situations that seem overwhelming or circumstances that feel like they are impossible to overcome?

- ✓ If you had the chance to talk to your younger self, what would you tell her?
- ✓ What is special about your profession for women, for new entrepreneurs? What draws you to this field and what does other women have to know about working in that profession?
- ✓ What is your current goal/ dream and what is your plan to achieve it?
- ✓ What do you hope will come out of sharing your story and the stories of the other women in this project?

Terms and Conditions: Important, please read carefully.

By entering a submission to the Rising Angel Broadcast, you agree to all of the terms and conditions stated below and herein.

You are establishing an enforceable agreement with Alita Ventures Inc., and therefore are responsible for understanding all these terms and abiding by them. If you do not understand a term, please contact us.

You are giving Alita Ventures Inc., its licensees, successors, assigns, and any other parties succeeding or authorized by it (collectively, “Alita Ventures”) certain rights with regard to intellectual property that makes up your submission.

With regard to your submission, you agree to give Alita Ventures a perpetual, worldwide, nonexclusive license to use, publicly perform, publicly display, copy, distribute, and create derivative works of your submission.

You warrant that all copyrighted material—music, pictures, web content, videos, art, graphic design, etc. (this is not an exhaustive list, rather it is exemplary)—is either owned by you, or that you have express written permission to use any copyrighted material found in your submission.

You agree, that in the event that the previous bullet point turns out to be not true (you have infringed someone else’s copyrights), to indemnify and hold harmless Alita Ventures for any claims or threat of claim against the same, and that you will pay for (first), or reimburse (last resort), all costs associated with defending any such claims against Alita Ventures for violation of another’s copyright as a result of your submission.

You warrant that you have full consent and permission from all people who appear in any identifiable manner in your submission to use their persona in your submission, their knowing and understanding that their image or likeness may be used commercially.

You agree to hereby release, indemnify, and hold harmless Alita Ventures from any and all claims, including, without limitation, claims for damages for libel, infringement of rights of publicity, invasion of privacy, portrayal in a false light, or any other claim from any person based on use of your submission.

Any and all disputes arising from your submission shall be first attempted to be resolved by a mediator in San Francisco, in person or through electronic and phone communication.

The parties agree San Francisco law applies to this agreement, and that all federal and state courts of San Francisco shall have subject matter jurisdiction of this agreement.

This is the entire agreement with respect to the parties, and all other communications about this matter are not a part of this agreement.

Let's inspire together....

Thanks for sharing your story!

NEED HELP? CONTACT US!

Write an email to media@alitaventures.com with any questions.

RISING ANGELS BROADCAST | SUBMISSION GUIDE

