

SETTING VIDEO CALL BACKGROUNDS

LEADERS' RESOURCE



**YOUR BACKGROUND
MATTERS**

**GOOD
BACKGROUNDS**

**VIRTUAL
BACKGROUNDS**



YOUR BACKGROUND MATTERS

1. Your Background Affect the Atmosphere
 - a. Backgrounds should help focus the meeting, this gives purpose to the meeting
 - b. Backgrounds that are distracting, creates discomfort in the audience

2. Your Background Communicates Readiness For The Meeting
 - a. People can see your state of mind in your surroundings
 - b. When tardiness is reflected in your environment, it alludes to a lack of care for the meeting
 - c. Presentable backgrounds are inviting

GOOD BACKGROUNDS

1. Plain Backgrounds
 - a. A neat space or plain wall with minimal clutter is recommended
 - b. Home clothes and certain personal items may be inappropriate and distasteful to others
2. Reduce Moving Objects
 - a. Avoid active display monitors in the background
 - b. Find a place where your children or pets are not moving about in the background
3. Avoid Bright Lights In Your Background
 - a. This creates overexposure and is harsh on the eyes
4. Use A Virtual Background If You Are Unable To Find A Good Space

VIRTUAL BACKGROUNDS

1. Zoom provides virtual backgrounds in Preferences (next slide)
2. You can add either images or videos as your background
 - a. You can find more backgrounds at <https://unsplash.com/collections/1887152/zoom-backgrounds>
3. Check the specifications of your laptop for the optimization of your virtual background
 - a. <https://support.zoom.us/hc/en-us/articles/210707503-Virtual-Background>

Zoom Call Virtual Backgrounds

1. Go to zoom.us and click preferences
2. Select Virtual Background
3. Add images or videos as your virtual background

