

# A/V Requirements

Josée's presentations are high-energy, heart-centered, and interactive. She connects best when she can move freely, see her audience, and create an engaging experience for everyone in the room.

## **SOUND**

- A lapel microphone or Countryman headset is ideal.
- A handheld mic is perfectly fine if needed.

## **MICROPHONE**

- If available, please provide a roaming microphone for audience participation.

## **PRESENTATION**

- Josée typically does not use slides, but she can provide them upon request.
- She travels with her laptop, universal dongle adapter, and USB drive if tech setup requires connection.
- A water bottle on stage is always appreciated.

## **HANDOUTS**

- Occasional handouts may be used.
- Attendees are encouraged to bring a pen and notebook for takeaways.