
Video Testimonial Submission

Thank you so much for taking the time to record yourself sharing your SBSM story. We look forward to watching it!

Below you will find instructions and a few talking points to help you with your video submission. Please address any and all of the points that are applicable to you and your SBSM journey.

Instructions & Tips

- 1: Please record a 1-3 minute video testimonial about your experience with SBSM.
- 2: Your video does NOT have to be professionally filmed (your phone is a-okay!), but please record landscape (horizontal/long, not tall).
- 3: If you can position your recording device on a stand or tripod, so that you aren't holding it, that helps the overall look so that it isn't up close to your face. If you need to hold it and film 'selfie' style, that is not a problem, just ensure that your hand is not shaky, and try to extend it as far from you as you can.
- 4: Please make sure you are looking into your camera lens, so that it is direct eye contact.
- 5: Please make sure the sound is coming through loud and clear, it may be prudent to do a test before. Be cognizant of any possible background noises.
- 6: Please have good light on your face. Natural, daytime light is best, going into nature is always nice, but not necessary.

7: In your video, please address the talking points that you see below, as they apply to you.

8: Submit your video via email to Crystal McLeod at crystal@irenelyon.com

Talking Points

Here are some guidelines of things you can share with us via your video. Please feel free to pick and choose what is relevant to you!

- Your name (*first name only*)
- Where are you from (*country and/or state/province are fine, no need to be specific to city/town*)
- You might think back to what brought you to SBSM.
- Share a short story about your SBSM experience and how it's been to work with your nervous system, all in your own voice and way.
- What was your biggest win/takeaway from SBSM?
- What difference has SBSM made in your personal and/or professional life?

Final Notes

Once again, thank you so much for taking the time to record yourself sharing your SBSM story, we appreciate it, and we know that people watching and learning about SBSM will too!

Please note, by sending in a video, you are agreeing that we are able to share it with our audiences via social media, and/or on our website, and/or via email. Also, we may not be able to use all videos submitted.