

Even though many events have their own camera team to take photos, by the time you get them (*if* you get them, even when promised), they will be stale for use on social media. Furthermore, the camera team isn't focused on YOU, so the pictures may not be any good anyway!

Have your friends take some photos of you:

- Mingling with the audience before the panel starts
- Speaking on the panel
- Conversing with a fellow panelist
- With ALL of the panelists
- With EACH panelist
- With the panel moderator
- With the meeting organizer(s)
- With all of the panelists AND the moderator
- Various photos chatting with audience members after the panel is over
- With the microphone runners and/or A/V techs
- Anything else that catches their eye! (e.g. use of a prop, an unusual gesture, laughing...)

You can also ask them to take video on their phone (even if it is livestreamed and/or recorded. Depending on how you are going to use the video, instruct your friend on how to hold the phone:

- Vertically – Instagram or YouTube Shorts
  - Horizontally – YouTube or using to make a montage/demo video
- Your introductory remarks
  - When you are in discussion with other panelists
  - Answering audience questions
  - Your closing remarks
  - Chatting with your fellow panelists
  - Checking in with the moderator
  - Chatting with audience members after the panel is over