



Mountain Moving Mindset Strategist, Owner and Founder

Room and AV Set-up

Every event is different: different room; different set-up. Frederique is used to adapt to various settings and will work with any room configuration. These guidelines will not only help with the effectiveness of Frederique's keynote but also contribute to the overall success of your event. All of this is about creating the best atmosphere for your event!

If you will be assisted by an AV technician, please share this document with them, and let them know that they can contact Frederique's team to organise a pre-event AV chat, as well as arrange for a mutually convenient time for Frederique to come in for pre-event AV checks.

- Wireless headset or clip-on lavalier microphone (no handheld, please); for smaller settings, Frederique may not need one.
- Frederique does not use a lectern; if one is required for other presentations throughout the event, please move it to the very back of the platform.
- A stage/riser does maximise engagement and visibility; for smaller settings, we understand you may not have a physical stage; nonetheless, when you set up your room, please imagine you do have one, so that Frederique gets space to move.
- Frederique does not use slides during her presentation (although a static slide can be supplied if preferred), but does use 2 flipcharts: please have these placed on the left and right of the performing area; please also place a small draped table to the side for Frederique's flipcharts pens, water and props.
- Wide room setup is preferred with a theatre seating with no centre aisle. You can have 2 smaller aisles on either side, and curve your rows around the stage; this creates the best room dynamics as audience engagement and reactions increase when people can see each other.
- Photographing and videotaping of Frederique's presentation is acceptable for internal use only. In return, we request a high quality master copy of any photos and video files, and may use these materials, in part or in whole, for either non-commercial or commercial purposes.

Frederique is a very demonstrative and active speaker; she captivates her audience with her detailed stories and strategic content, and uses movement and voice to convey her message. She will use the entire stage area and move from left to right across the stage. Production, lighting and camera crews (if applicable) should be informed and be prepared to be mobile with lighting and cameras.