

## 5-CARAT DIAMOND SCHOLARS

# How to Share Your Story

You are a gem. A rarity. You're about to become a 5-Carat Diamond Scholar.

To show our appreciation, we want to celebrate you.

We're creating a special edition book that will include a one-page feature about each 5-Carat Diamond Scholar.

It will include who you are, what you love about Scholars, the biggest changes you created in your life from applying the Model, and more.

We would love for you to share your story with us so we can honor you in this special book.

Have fun with this. And remember to be yourself (because that's what we love about you).

### **STEP 1: RECORD YOUR VIDEO\***

Please record a three-minute video of yourself answering the questions below:

- What is your name?
- What is your profession?
- What are the biggest life changes you've made by applying the tools and work you've done in Self Coaching Scholars over the last five years?
- What's your favorite Study Vault course?
- Who's your favorite coach?
- Tell us about an aha moment during a weekly private coaching session.
- What do you think everyone should know about Scholars?

Follow these best-practice tips:

- Film your video in landscape (horizontal) instead of portrait aspect ratio. The best way to do this is on a computer using Zoom or QuickTime.
- Film against a clean background: Either a plain wall or a nice background if possible.

- Make sure your face is well lit.
- Reduce background noise and film in a quiet place.
- File format should be .mp4

## **STEP 2: SELECT YOUR PHOTO**

**We want to see your beautiful face! Submit a photo following these guidelines:**

- Vertical- or square-oriented photos are preferred
- High-resolution photos are preferred (minimum of 800 x 800 pixels)
- File format should be .jpg or .png
- Sharp, clear, full-color photo quality
- Should be a headshot (upper body)
- Wardrobe should be professional
- Light and/or simple backgrounds are preferred

## **STEP 3: UPLOAD YOUR VIDEO & PHOTO**

Upload your video and headshot to Dropbox or Google Drive. Grab the URL for each, and paste as part of Step 4.

- To share your file from Google Drive, set the video permissions to “**editor**” access, then share the file with [liz.smith@thelifecoachschool.com](mailto:liz.smith@thelifecoachschool.com)
- To share your file from Dropbox, select **enable downloads** in the video sharing settings, then share the file with [liz.smith@thelifecoachschool.com](mailto:liz.smith@thelifecoachschool.com)

## **STEP 4: SUBMIT YOUR STORY**

Once you're ready to submit your story, [click here](#), and you'll be directed to fill out your personal information. Be sure to include the links to your video and photo from Step 3. Having trouble uploading or submitting your story? Email us at [theteam@thelifecoachschool.com](mailto:theteam@thelifecoachschool.com), and we would be happy to help.

*\*Your video may appear on The Life Coach School website and social media.*