

# GLOBAL

## Period Poverty Forum



## Impactor Power Pack

As an amazing impactor making a difference to menstrual health, we would LOVE for you to record a 10 minute video explaining the impact you have made!

We are calling this an "Impactor Power Pack".

These videos will be used throughout the Global Period Poverty Forum as guests arrive, during breaks and on the website so we can spread the word about the global impact you are making.

We have pre-recorded an example here so you can have a look at what others are doing!



### What to include in your Impactor Power Pack

- Your name
- Your organisation
- Your country
- When you started your journey
- A bit about your journey
- Your biggest achievement
- Biggest learning
- What's next for your organisation

### Some tips:

- Watch the example video so you can get an idea of what others are doing
- Do a quick test video to ensure the volume, lighting and video are clear
- Ensure there is minimal background noise to ensure a high-quality video
- Try and use a simple backdrop (a plain wall is usually best) and sit in the center of the frame

Please film your video in **LANDSCAPE** orientation!

This will maximise your video usability across different media. Just set up your **phone on it's side**, or select the landscape profile on your webcam before filming.

Once you have finished recording, upload your 10 minute video here and we will use this to spread the word about your amazing impact!

UPLOAD

*We can't wait to see you there!*