

We've listed a few guidelines for recording your selfie video. Thank you for sharing your Blue Ocean best practice and keep up the good work!

Selfie Guidelines

- State your full name, title and location
- Record vertically
- Record in well-lit area, set volume controls on high
- Suggested length: 60 seconds (If you need more time, feel free to use it)
- Attire – wear solid colors, nothing too busy
- Practice/watch your selfie a few times
- Ensure background noise is minimized
- Once you've finished your selfie, please upload to here
- Have fun, relax and engage your audience!