



LIFE COACHING
FOR WOMEN
OF POWER

TECHNICAL RIDER

Over the last five years Remi has given several talks to varying size groups and during that time, we have discovered what works well.

To help you get the most out of your presentation, we have compiled this short rider.

1. Remi uses a MacBook Pro laptop running Microsoft Powerpoint software. She has her own computer, 'clicker' and VGA adapter which she will bring with her, so a standard VGA cable works just fine.
2. No sound out required. AC power should be within six feet of the computer.
3. Remi needs a wireless lavalier microphone. To be specific, a clip on tie microphone, not an earpiece, with a belt pack. This is only necessary for groups larger than 25 people.
4. For any group more than 25 people, she needs a microphone. Please be sure that you've tested it on all areas of the stage for volume and for feedback.
5. Remi will need a projector and a screen behind her, so she can share her slides.
6. A lectern is fine but the more space to roam, the happier Remi is!
7. Tech checks are welcome! Remi will always be at your event at least 40 minutes before going live and welcomes the opportunity to make checks on audio, visuals and spending time in the space.
8. Remi loves to answer questions. For conferences this works best either as part of a panel or submitted in advance through a moderator. This helps you keep to time. Additionally, Remi can be available to answer questions after the presentation if a separate space is allocated for this e.g. over lunch.
9. A good way to handle this is to schedule a break right after Remi's talk or presentation – so it is easy for enthused participants to connect with her without disrupting your schedule.
10. Bookings may require an overnight stay - we welcome your recommendations. Scheduling and location will be handled by Remi's team and expenses charged at cost.
11. Whenever possible, make the room at the event too small, not too big. This is often overlooked and it makes a huge difference. In the event of a workshop, a circular configuration of chairs is preferable. Once the booking is made we will have a final discussion about room layout.

12. Recording the talk is something that must be previously agreed with Remi's team. We will normally happily work with you to capture the talk, but distribution must be previously agreed. Sometimes we will want to record the session and we will let you know all the details as well.

13. If you'd like to interact with Remi directly before the event, you can drop her an email at hello@iamremi.co.uk

14. Suggested intro: Remi Olajoyegbe is a Life Coach, Executive Coach and Mentor working in the field of female empowerment and conscious transformation. She has had several roles including award winning banker, founder, co-founder, social entrepreneur and campaigner.

Remi is also the creator of the Impact Me Model™, a powerful programme that reframes mentoring and coaching within the natural world, making your process innately more relatable, so that your conscious transformation can evolve as you bloom.

Her mission is to inspire, motivate and support women to work with their truth and step into their power in all walks of their personal and professional lives. Remi enables them to rise, lead with purpose and have a positive impact on the world at large.

She is the co-founder of Peace Button, a Mindfulness method that seeks to empower primary school children, teaching them how to access their inner place of peace and how to self-manage. A necessary initiative given the increasing amounts of stress in many young lives.

In addition to speaking events, Remi has a blog, offers video and radio interviews and is one of BBC BAME's (Black Asian and Minority Ethnic) expert class of 2014. A programme that awards media training to 25 candidates competitively selected from over 400, in order to introduce greater diversity to the expert talent pool within the BBC Broadcasting stable.

iamremi.co.uk