

Member Story - Video Instructions

Requested video directions:

- 1 – 2 minutes long
- Shot vertically from the torso up
- Ideally with natural light or a ring light behind the camera
- Plain white background
- Top of choice, feel free to wear something that represents who you are!
- Speak in the language you are most comfortable with (Either English or French)

Requested video content:

- Introduce yourself
- Current City and Province of residence
- Dance Form/s (primary forms practiced, list up to 3 max)
- DTRC Services Used (Counselling, Skills Grants, Career Exploration Grant, Retraining Grant, Subsistence Grant, Special Award/s)
- Share how DTRC support has helped/impacted you on your career journey

To assist you, we have provided a video example of what we are looking for:

<https://youtu.be/Jzq-UGKGDbk>

Take a deep breath, speak slowly and have some fun!