Electronic Supplemental Material

Electronic Supplemental Material #3

Preparing the Speakers

In preparing for the online event, the conference organizers offered best practices and tips for each speaker, as shown in this figure. Preparation and practice, held during the week before the conference, were organized for each speaker to not only become familiar with the technology but to ensure comfort and readiness with their presenting live during the event.

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Best practices and tips for presentation

- Be mindful of the audience you are speaking to and the space you're holding. While this conference serves people of all ages and backgrounds, the target audience is adults 18 - 50. We are looking to give students, educators and individuals direct tips and takeaways to help them thrive during this time.

- Maximize enthusiasm. While each of you is an expert in your field, we all know that keeping an audience engaged over video versus in-person creates challenges. We encourage you to be as naturally energetic and engaging as possible. The last 10 minutes of each 30-minute slot is dedicated to a Q&A to promote conversation, discussion, and engagement with the audience.

- Provide a key take-away. With the focus on this conference being 'What's next?'. The goal is to provide the audience with tools and tactics they can implement now.

- As mentioned above, remember that this conference is online. While slides, images, and videos work well in a live setting, they do not stream as well online. If possible, please try to keep this to a minimum.