

INTERCHAIN.ME PODCAST – GUEST PREPARATION GUIDE

A One-Pager to Help You Shine On Air

Thank you for agreeing to join us on **Interchain.me**, hosted by **Roberto Capodieci**. We're excited to feature your insights on emerging tech, decentralized systems, AI, and beyond. To make the most of your interview and ensure a smooth experience, please review the following guidelines.

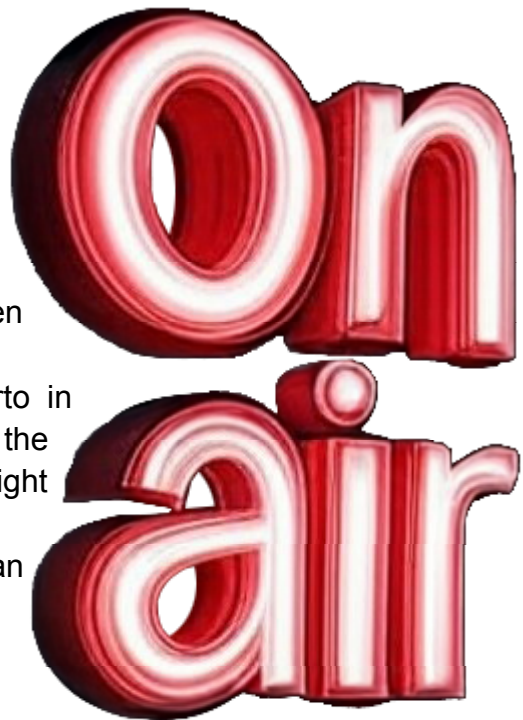
1. Technical Setup

- **Choose the Right Gear**
 - Use a **good quality USB microphone** (or a reliable headset) for clear audio.
 - If your episode includes video, **proper lighting** is key:
 - Position a soft light in front of you (avoid overhead lights).
 - Use consistent color temperature and avoid mixing different light sources.
 - Ensure your **camera is steady** and positioned at eye level.
- **Location & Internet**
 - Record in a **quiet, private space**: close windows, silence phones, and limit background noise.
 - Use **wired internet** if possible, or ensure strong Wi-Fi to avoid connection dropouts.
 - **Close unnecessary tabs/apps** on your computer to free up memory and improve performance.
- **Use Recommended Browsers**
 - **Google Chrome or Microsoft Edge** work best with **Riverside.fm** (avoid Incognito mode).
 - Grant access to your mic and camera when prompted.



2. Mental & Topic Preparation

- **Relax & Recharge**
 - Take a moment to **de-stress before recording**: a quick **5-minute meditation** or deep breathing can help you focus.
 - Have a glass of water ready to stay hydrated.
- **Chat with the Host**
 - We'll arrange a short pre-show call or email exchange to align on **key topics** and **episode flow**. This is also your chance to share any must-mention updates or main talking points.
- **Rehearse Key Questions**
 - Think about how **decentralization, blockchain, AI, retro, or emerging tech** relate to your expertise.
 - Rehearse Your Favorite Questions
 - Think of three great questions you would love to be asked, then rehearse your answers.
 - Share these questions with Roberto in advance. This helps guide the conversation and ensures we highlight what matters most to you.
 - Keep answers **concise** to maintain an engaging back-and-forth.



3. Before We Go Live

- **Fill Out Our Guest Form**
 - Provide background details, bios, and any relevant links. This helps us tailor the conversation and promote you effectively. [Link at the end of the document.](#)
- **Sign the Guest Release Form**
 - We'll email you a release form to finalize. Please read, sign, and return it promptly. This ensures we can feature your episode without delays.
- **Double-Check Your Setup**
 - **Audio**: Mic volume levels and connection, headset and no speakers;
 - **Video**: Lighting and background (clutter-free and as professional as possible);
 - **Internet**: Stable internet connection.









4. During the Interview

- **Stay Engaged**
 - Look into the camera when speaking, and speak clearly into your mic.
 - We will have a conversation, as if we were sitting together sharing knowledge.
 - Encourage a dialogue: ask the host questions, build on each other's points
- **Provide Actionable Takeaways**
 - Offer **1–2 practical tips** or “homework” listeners can apply immediately.
 - Tie these tips back to your expertise, listeners love tangible next steps!

5. After the Recording

- **Keep the Tab Open**
 - If using **Riverside.fm** on a desktop, **do not close your browser** until the upload completes.
 - On the Riverside mobile app, let the process finish before exiting.
- **Optional Video Testimonial**
 - We'd love a quick **on-camera reflection** about your guest experience: how it felt, what you enjoyed, and if you'd recommend being on Interchain.me. This can be casual and from the heart.
- **Stay Connected**
 - Once your episode is edited and ready, we'll send you the links to share with your network.

6. Important Links

- **Download, Print, Sign, and Send Back**
 - https://interchain.me/files/Guest_Release_Agreement.pdf
- **Watch past Interchain Me episodes**
 - <https://www.youtube.com/@interchainme>
- **Stalk us online :)**
 - Follow Interchain.Me on:        

We Can't Wait to Have You On!

Your voice will help the Interchain.me audience dive deeper into the fascinating world of **technology, innovation, and life**. For any questions or last-minute adjustments, feel free to reach out to us at info@interchain.me.