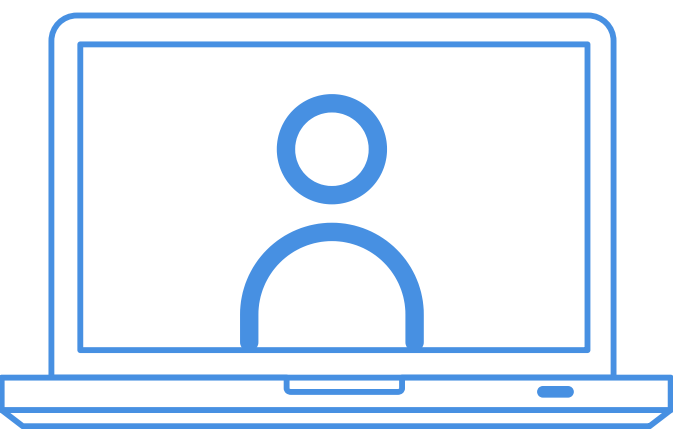


Background Options

An untidy or messy background will diminish how professional you appear. These options help you find the best style that works for you.

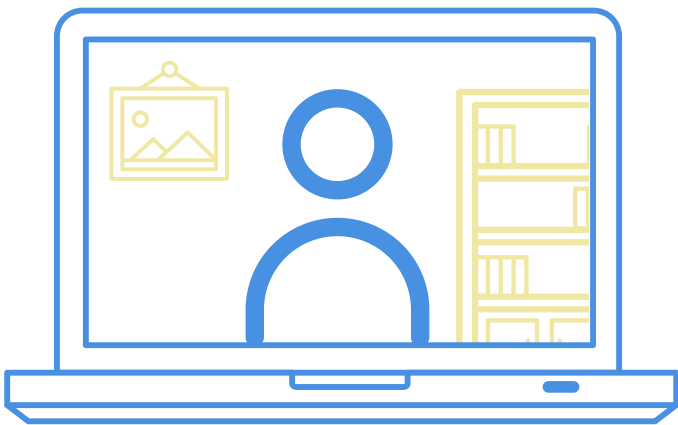


1. Keep It Simple

When in doubt, a blank wall is the easiest professional background.

2. Keep It Tidy

If a living area in your home is the best place for video calls, make sure the space is clean and organized.

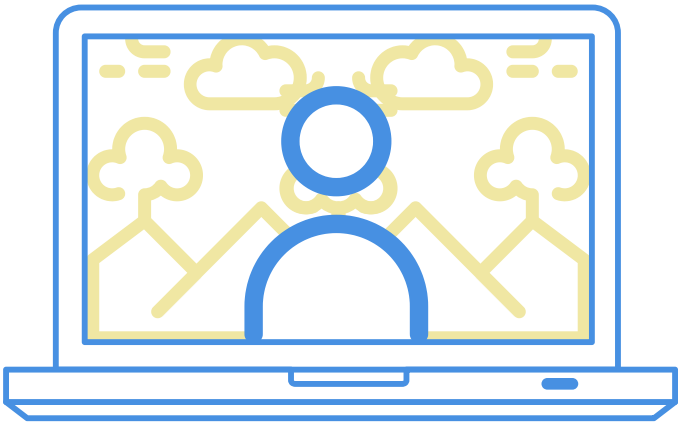


3. Keep It Personal

From artwork and plants to bookshelves and instruments, showing a bit of your personality in the background can help you communicate who you are.

4. Keep it Virtual

Virtual backgrounds are a great way to show some personality, set a tone, and hide your real background.



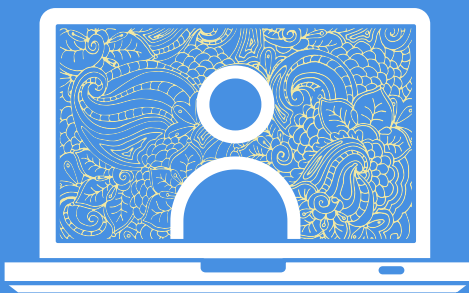
Bonus - What To Avoid



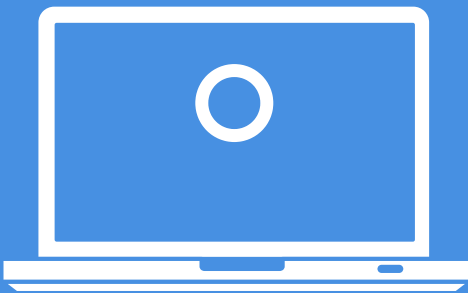
Hide any dirty laundry.



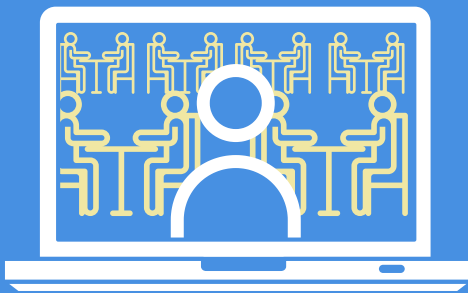
Keep fighting kids in a different room.



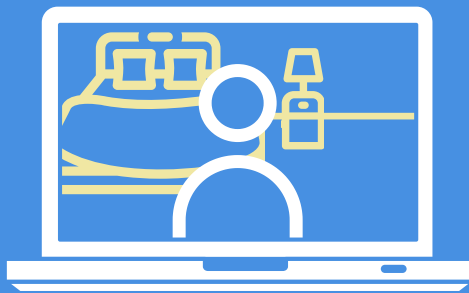
Avoid over-the-top virtual backgrounds.



Don't use a background the same color as as your top.



Avoid crowded areas —they can be very distracting.



Your bedroom is not a good choice.