



How to Upload your Teacher Training Video to the Radical Remission Google Drive

To record and submit your Teacher Training videos, please follow the instructions below.

Recording Your Video

- You may use your phone, tablet, laptop, or CPU to record your video
- Please keep your video to a maximum time of 7 minutes
- Be sure to speak clearly and have your face, head, and shoulders visible within the video frame.
- Once you are done recording, please compress the video file in order to make it easier to upload

Saving Your Video

- Please save your video in this format: FirstInitial.LastName TT Video (example: "S.Weldy TT Video")

Compressing Your Video

- If you are struggling to upload your video because the file is too large, use a free file compression app or online program to compress the video before uploading
 - iPhone/iPad:
<http://osxdaily.com/2017/09/05/compress-videos-ios-video-compressor/>
 - Android: <https://www.youtube.com/watch?v=4Gpmy95hMic>
 - Laptop/CPU:
 - <https://clipchamp.com/en/video-compressor>
 - <https://www.youcompress.com/>

Uploading Your Video

1. [CLICK HERE](#) for the submission form.
2. Fill in the form with your name and email address.
3. Under “Upload your video here” - click ADD FILE.
4. Select the compressed video file from your device then click UPLOAD (upload your essay in this same way).
5. Click SUBMIT on the form.

If you have any difficulty uploading your video after you have followed these steps, please contact us at info@radicalremission.com