Lighting is non-negotiable. Never back lit, natural when possible, but to up your game a light ring (smaller here) or even a full light kit will have you looking professional if not 'breezy and refreshed'.

Take it up a notch with a webcam: we like the Logitech C920S HD PRO (on Amazon) (with privacy shutter) A Microphone might be overkill for most, but is a game changer for depos and webinars.

From Theresa, from her years of experience as a broadcast journalist on television: Whites and pastels are generally no-go. They tend to wash you out or add glare to make your face look bigger. There is a lot to be said for a print or a nice color that 'elevates' the meeting--you don't have to wear work clothes to look nice. Always go for something that makes YOU happy--we find clothes can translate to confidence when everything else is out of our control!

Remember: A TBW we go from none to all, and aknowledge that this is super personal for everyone!

For Theresa (who reminds you she is SOUTHERN--as in, there are rules, people!):

Courtney loves good moisturizer, highlighter, and, if she's going way big, a lip tint. Theresa's go to's are bronzer with lip gloss and some mascara "to make your eyes pop". In a pinch, some ice under the eyes and green tea in your mouth can do wonders.

Always raise your laptop so you aren't putting on a booger show.

Make sure you mute yourself and have your video turned off when you enter a meeting.

Pick a friendly photo for your profile--something that shows YOU and makes you happy to see (as in, professional is okay, human is even better.)

Try standing up for a meeting. Set up two stations, so we simply move our laptop. If it's a meeting where you don't have to be on video--why not incorporate a walk? It's especially nice to 'meetup' where all participants are invited to walk 'together'.

Also, you can use your iphone or ipad for the meeting, so that your laptop is freed up during the meeting. Last, bring your A-game, energetically! Remember, you have the power to raise the vibration of those around you, even across the intra-net. Spread calm, spread joy, spread love. Good job, baby!!!!