

THE SOVEREIGNTY INTERVIEW

Guest Interview Recommendations

Thank you for joining The Sovereignty Report. These recommendations are designed to help us produce a clear, professional long-form conversation while keeping the focus where it belongs: on the substance of the interview.

Typical length 60-90 minutes	Format One primary topic, full context	Approach No gotchas. Serious discussion.
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01 Camera & Framing

- Use a stable camera at approximately eye level. A laptop webcam is acceptable if the image is clear and the camera can remain steady.
- Frame yourself from roughly mid-chest to just above the head, with a small amount of space above you.
- Keep the camera directly in front of you rather than off to the side.
- Avoid sitting too far from the camera; facial expression and eye contact matter in a long-form interview.
- If possible, use landscape orientation and a 16:9 frame.

02 Lighting

- Face a soft light source. A window in front of you, a desk light, or a simple ring/key light can work well.
- Avoid a bright window, lamp, or uncovered light source directly behind you.
- Try to keep your face evenly lit without harsh shadows or blown-out highlights.
- If using a window for light, remember that daylight can change during a 60-90 minute interview.

03 Audio

- Clear audio is more important than an expensive camera. Use the best microphone available to you.
- A USB microphone, headset microphone, lavalier, or quality wired earbuds are generally preferable to a distant laptop microphone.
- Use headphones or earbuds if speaker echo or feedback becomes an issue.
- Place microphones close enough for a strong, clean voice signal without touching or bumping the microphone during the interview.
- Silence televisions, radios, fans, loud HVAC sources, and other unnecessary background noise where practical.

TECHNICAL & ENVIRONMENTAL PREPARATION

Set the Room Up for Success

A few minutes of technical preparation prevents most avoidable interruptions and makes the finished interview look and sound substantially better.

04 Internet & Device

- Use the most stable internet connection available. Wired Ethernet is preferred when practical.
- If using Wi-Fi, position yourself near the router/access point and avoid weak-signal locations.
- Close bandwidth-heavy applications, cloud backups, large downloads, streaming services, and unnecessary browser tabs before the interview.
- Connect your computer or device to external power. Do not rely on battery power for a long interview.
- Restarting the device before the interview can eliminate many avoidable audio/video problems.

05 Environment & Background

- Choose a quiet location where you are unlikely to be interrupted.
- Use a clean, intentional background. Bookshelves, offices, studios, or simple uncluttered walls usually work well.
- Avoid confidential documents, personal information, photographs, screens, or other items you do not want visible publicly.
- Let household members or coworkers know that you will be recording and should not be interrupted.
- Place phones and computers in Do Not Disturb mode while preserving any communications needed for the interview connection.

06 Appearance

- Wear what is appropriate to your role and comfortable for a long conversation.
- Solid colors and subtle patterns generally reproduce better on camera than very tight stripes or high-contrast patterns.
- Avoid clothing, jewelry, or accessories that repeatedly strike or rub against a microphone.

PREPARING FOR THE CONVERSATION

Substance First

The Sovereignty Report is built around long-form discussion rather than rapid-fire television segments. Preparation should help you communicate clearly, not script the conversation.

07 Interview Topic & Preparation

- The interview will normally center on one primary subject agreed upon in advance.
- Review the topic brief or questions provided by TSR before the interview, if applicable.
- Have important dates, figures, citations, quotations, or source documents readily available if you expect to reference them.
- You do not need to memorize answers. Natural, complete explanations are preferable to rehearsed talking points.
- If an important claim depends on a document or source, consider sending that material to TSR before the interview.

08 Interview Flow

- TSR interviews are typically 60-90 minutes and are designed to allow enough time for context, explanation, disagreement, and follow-up.
- The conversation may occasionally move into related subjects, but TSR will generally return to the agreed primary topic.
- For longer interviews, brief pauses or breaks may occur approximately every 25-30 minutes when useful.
- Follow-up questions may arise naturally from your answers, current events, documents, or factual points discussed during the interview.
- TSR does not use a 'gotcha' format. Guests should nevertheless expect serious questions and good-faith examination of important claims.

09 Before We Record

- Join or connect early enough to resolve any technical problem before the scheduled recording time.
- Have water within reach.
- Silence notifications and unnecessary devices.
- Confirm camera framing, lighting, microphone level, and internet stability.
- Keep any documents, notes, links, or source material you may need close at hand.

A separate one-page Pre-Interview Checklist is available in Guest Resources for a quick final review immediately before recording.

Questions before your interview?

Contact The Sovereignty Report at media@thesovereigntyreport.com.