

# *So You Want to be a Podcaster*

## **Distributed Work on a Budget**

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# Overview

*Topics we'll cover today.*

- Do your distractions spark joy?
- How you can enjoy podcast-quality audio on a budget.
- Taking responsible breaks.
- Paying the screen share tax *before* your meeting.
- Good old-fashioned demonstration.

# Why do we optimize?

*Good distraction, bad distraction.*

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# Distractions

*Bane of all existence or useful motivator?*

Good distractions...

- Provide useful and timely knowledge.
- Prompt worthwhile action.
- Build situational awareness.

# Distractions

*Bane of all existence or useful motivator?*

Bad distractions...

- Steal your focus.
- Drain your energy.
- Disrupt your self-awareness.

# Optimizing

*Why we do it.*

We optimize to...

- Limit bad distractions.
- Promote good distractions.

# Optimizing

*Audience Participation Time!*

For example, can you all send me a message in chat saying how this talk is going? (Private messages are fine.)

Notice anything?

I should hope not! My chat notifications are all off-screen from this window.

# Optimizing

*Developing the theme.*

Chat notifications are a simple example, but consider how many there are for just email!

- Notifications on receipt
- Unread badges in your taskbar and on folders themselves
- The sheer amount of auto-generated emails, not to mention spam newsletters



# Optimizing

## *Takeaways*

Aggressively tend your notification garden.

If a notification doesn't spark joy and isn't actionable, then send it to distraction jail.

If you don't miss that notification after thirty days, why not just delete that email on arrival?

# Video conferencing on a Budget

*This is where the fun begins. (For me, at least.)*

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# Video Conferencing

## *Motivations*

High quality video conferencing is another means of limiting distraction.

Even if you're distracted by other notifications coming in, you won't be distracted by potato quality audio and video.

# My Setup

*What you see.*

<https://kachur.me/presentations.html>







# My Setup

*What I see.*

<https://kachur.me/presentations.html>

*Photo of Nicholas  
Kachur's desk.*

# Video Conferencing

## *Elements of a setup*

You need basically four things:

- Microphone
- Video Camera
- Capture Device (e.g. Laptop or Phone)
- Monitoring Device (e.g. Computer Speakers or Headphones)



# Microphone Choices

## *Introduction*

- Fair: built-in to your capture device
- Better: built-in to your monitoring device, e.g. a headset
- Best: separate, purpose-built microphone

# Digression on Wireless

*Convenience vs. Performance*

Wireless has some distinct advantages to wired, but also disadvantages.

- Wireless headsets let you walk around the room at will.
- Wired headsets will not die on you during a meeting, like, ever.
- Wired headsets also *sound* better, because Bluetooth is just not that good at real-time audio yet.

# The End

*So long, and thanks for all the fish!*

<https://kachur.me/presentations.html>

# Attributions

## Fonts

- Recursive Sans by ArrowType in both Casual & Linear Styles
  - Available at <https://www.recursive.design/>