



Hope Eden Digital

SOFTWARE RECOMMENDATIONS

ENVIRONMENT

You'll need a room with a carpet and low ceilings. Smaller rooms typically have better sound quality. Which is why bedrooms are usually the way to go. Or you can get an isolation shield like [this](#).

FOR RECORDING EPISODES ON YOUR OWN

- [Garage Band](#) (for Mac users)
- [Audacity](#) - it's free and the best one!

FOR EPISODES WITH MULTIPLE PEOPLE

- [Zoom](#) - this one's my personal favourite.
- [Riverside.fm](#) - lots of my clients prefer this one in terms of how easy it is to use.



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EQUIPMENT RECOMMENDATIONS

■ MICS

My best advice would be to try recording using your laptop/computer microphone. Or if you have an external microphone handy, try it. If the sound isn't great, sometimes some headphones have build-in microphones.

If you're still struggling, try different rooms in your house to record in.

And if you're still struggling, these are my microphone recommendations.

- ATR-2100 X - this is the best mid-range microphone for podcasting
- Pop filter (an add on to the ATR-2100 X. you can tell if you need one of these by listening to your recording back, and you can hear plosives.)
- Blue Yeti USB - the best mic out there top-range for podcasting



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EQUIPMENT RECOMMENDATIONS



MICS

- Shock mount (for the Blue Yeti mic to improve sound quality.)
- Rode SmartLav + Lapel - this is the best budget microphone for podcasting. It's tiny and wearable.)



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EQUIPMENT RECOMMENDATIONS

■ HEADPHONES

Try using your laptop/computer sound. If you're still having issues with hearing your episode once you've recorded, try using any external headphones/earphones.

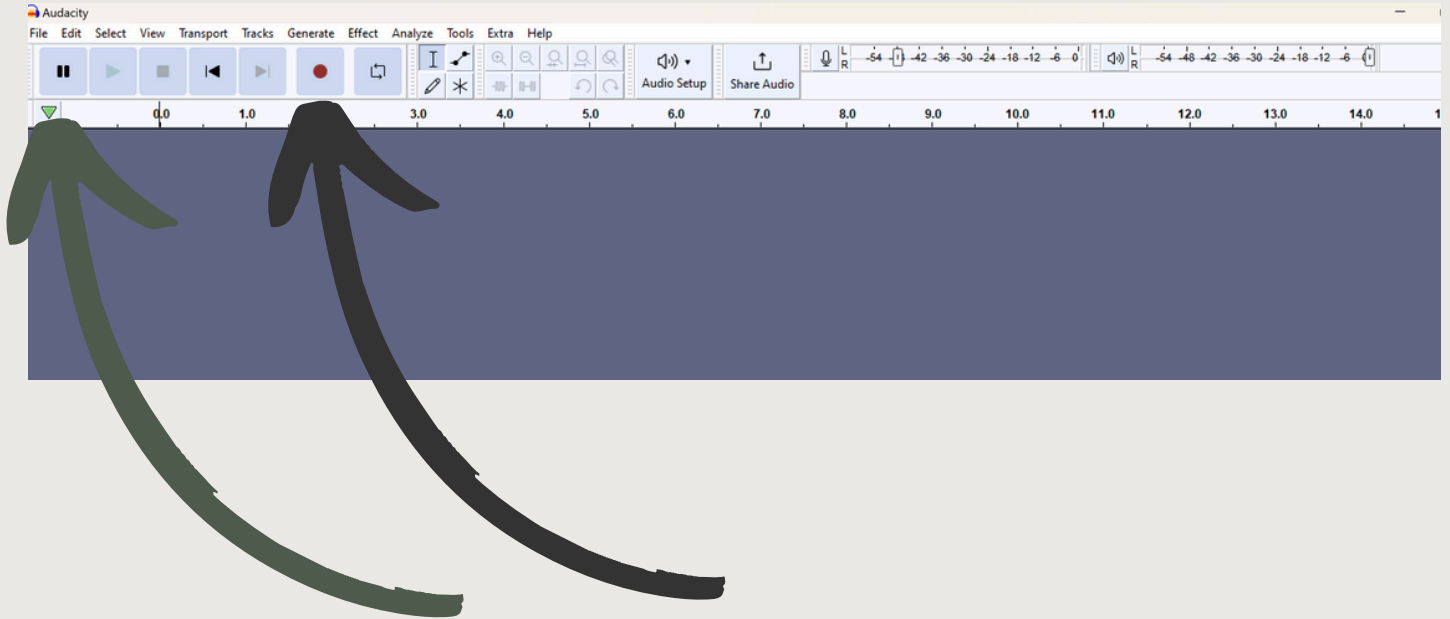
If you're still having issues, below are my recommendations.

- [Audio Technica M40X](#) - best mid range headphones for podcasting
- [Audio Technica M50X](#) - best high-end headphones for podcasting
- [Sony MDR7506](#) - best budget headphones for podcasting



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HOW TO RECORD



When you open Audacity, this is what you will see. Press the 'Record' button - the red circle. When you need to pause the recording, press the pause button.

And when you need to stop the recording entirely, press the Stop button - the black square.

Garage Band is much the same as Audacity.

I'd strongly advise to do a test recording first to see how you sound.



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WHEN RECORDING

When recording, it's important to try to ensure there's minimal background noise, and minimal noises e.g. knocking the table, sliding your chair, drinking noises.

However, Brownell has her episodes edited so most of these noises will be removed. Don't focus on this too much due to the editing aspect.

If you need to pause, using the pause button. And if you muddle up your words, pause for a min, and try again. If you do this, it's easier to edit out that part.

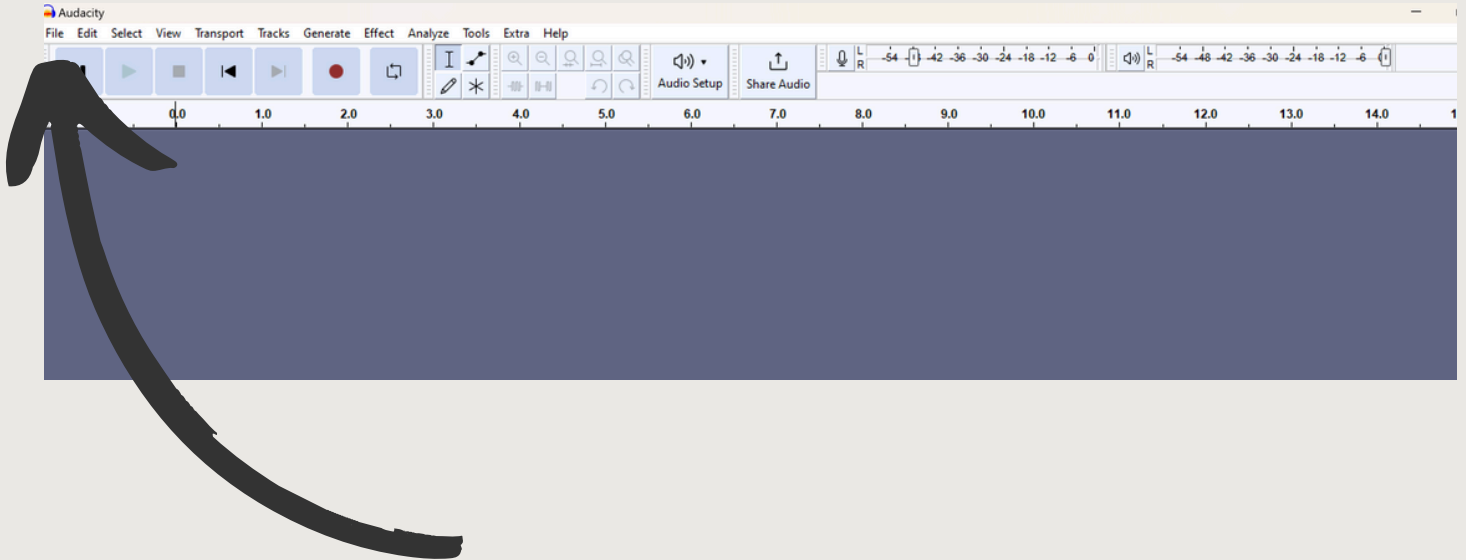
And just have fun! Pretend like you're talking to a friend so you feel comfortable.

I always say to my clients to meditate or at the very least, take a breather before you record. You want to be in a calm state when you record. Anything that makes you calmer, I'd advise you to do.



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HOW TO EXPORT



Once you've finished recording, you'll need to send the recording to Brownell. Go to 'File' > 'Export' > 'Export as MP3'.

This will download your recording as an MP3 file to your 'Downloads' folder on your laptop/computer.

You'll then need to email this to Brownell. If the file is too large, you may need to upload it to Google Drive or Dropbox. And then share the recording using the 'Share' button and send Brownell the sharing link.