



Tips for Submitting Testimonials

What to Include in Your Testimonial:

- Record or write about your experience with us. Here are possible topics to include in your video or written testimonial:
 - What was your experience in the course?
 - What key takeaways from the course did you implement and what were the impacts?
 - How has this course helped improve your practice?
 - How do you think this course will impact your career?
 - How was your course experience different from other courses you have taken?

Tips for a Great Testimonial:

- **Be Authentic:** Speak or write from the heart and be yourself.
- **Keep It Concise:** Aim for a 1-2 minute video or short written testimonial.
- **Highlight Key Points:** Focus on specific aspects of the course that were most beneficial to you.
- **Feel free to speak or write in your local language.** We will add video subtitles and written translations on our end if needed.
- **Need Help?** If you have any questions or need assistance, please contact us at multimedia@limra.com.

How to Submit Your Testimonial:

For a video testimonial

- Use your phone or computer to record a short video (1-2 minutes).
- Complete the online [consent form](#).
- Email your video to multimedia@limra.com. If the file size exceeds email limits, please contact us, and we will provide other options. Include how you would like your name to appear.

For a written testimonial

- Complete the online [consent form](#).
- Email your written testimonial and any photos you may want to include (optional) to multimedia@limra.com. If the file size exceeds email limits, please contact us, and we will provide other options. Include how you would like your name to appear.

Thank you for your participation! Your feedback is invaluable to us and helps us improve our courses for future participants.