

Recording and Submitting your Video Coaching

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Veelo's **Video Coaching** tool lets you practice sales dialog and up-level your skills with manager review and feedback. Here's how you **record, submit** and **review the feedback** for your video with the Video Coaching feature:

NOTE: If you're using a browser other than Chrome or Firefox, you may need to install and enable Flash for your browser. For instructions, see [Enabling Adobe Flash Player for Video Coaching](#).

Recording and Submitting a Video

1. You can easily find the practice session you need to record by looking for the clapperboard icon in the upper right corner of items in your To-Do section. Videos that need to be completed have **Record Your Video** in the **Your Next Action** section.

The screenshot displays a user interface with a top navigation bar containing 'ALL CONTENT', 'FAVORITES (5)', and 'TO-DO' (with a red notification badge '2'). Below the navigation bar is a 'To-Do' section with two task cards. The first card, 'Dragon Version 12 Product Update', shows a progress indicator (1/3), 'IN PROGRESS', '3 ITEMS', a popularity bar, and '5 months ago'. The second card, 'On-Boarding: Week 3', shows a progress indicator (1/2), 'IN PROGRESS', '2 ITEMS', a popularity bar, and 'a day ago'. A green arrow points to a video practice icon on the 'On-Boarding: Week 3' card. Below this is a detailed view of the 'On-Boarding: Week 3' card, showing '1 of 2 items completed', a video practice icon with a green checkmark, 'Week Three', a popularity bar, 'a year ago', and a 'YOUR NEXT ACTION Record Your Video' button.

2. Click on the video practice to open the recorder. The system will automatically turn on the webcam and microphone on your computer.

The screenshot shows a video recording interface. At the top left, there is a title 'Overcoming Pricing Objections' with a close button (X) on the right. The main area is split into two sections. On the left is a video feed of a woman with glasses and a white vest. On the right is a 'DETAILS' panel with the following text: 'OBJECTIVE: Imagine you're talking with a prospect, and she says "We need a solution like this, but I don't have the budget for it this year." How would you handle this common objection?'; 'LENGTH: 3 minutes - recommended, 10 minutes - maximum'. At the bottom, there is a 'START RECORDING' button with a red circle icon and a green 'SEND YOUR VIDEO' button.

Read the **Objective** section carefully to see our assigned practice or exercise. Pay attention to the recommended length.

NOTE: Your recording will not be cut off if you exceed the recommended length, but the system will stop recording if you exceed 10 minutes.

Click **Start Recording** when you are ready, and click **Stop** when you are done. You will have a chance to review your video and re-record as often as needed.

Click on the **Send Your Video** button to submit the video to your manager for review.

Reviewing Your Feedback

1. After you submit your video, the **Your Next Action** section will display the **Wait for Feedback** status until your manager has reviewed your submission. After your manager has reviewed your video, you will receive an email notification.
2. Go to the Collection containing the video that needs to be reviewed. The status in **Your Next Action** will say **Read Your Feedback**.

The screenshot displays a user interface with a top navigation bar containing three items: 'ALL CONTENT' with a globe icon, 'FAVORITES (5)' with a heart icon, and 'TO-DO' with a calendar icon and a red notification badge showing the number '2'. Below the navigation bar, the 'To-Do' section features two task cards. The first card, 'Dragon Version 12 Product Update', shows a progress indicator with '1' over '3', 'IN PROGRESS' status, '3 ITEMS', a popularity bar, and a timestamp of '5 months ago'. The second card, 'On-Boarding: Week 3', shows a progress indicator with '1' over '2', 'IN PROGRESS' status, '2 ITEMS', a popularity bar, and a timestamp of 'a day ago'. A callout box is positioned over the second card, titled 'On-Boarding: Week 3' with a close button (X) and navigation arrows. It indicates '1 of 2 items completed' and contains two sub-cards. The left sub-card, 'Week Three', includes a video thumbnail, a green checkmark, a popularity bar, and a timestamp of 'a year ago'. The right sub-card, 'Overcoming Pricing Objections', features a clapperboard icon and a 'YOUR NEXT ACTION' section with a play button icon and the text 'Read Your Feedback', which is highlighted by a green arrow.

3. Click on your video to open it. Your manager's feedback will be presented to the side of your video. Close out of the video when you are done.