Superpowers for Good

Pre-Flight Checklist

After surviving lymphoma and two stem cell transplants, Lidio Meireles turned a deeply personal challenge into a mission to improve transplant outcomes. Now, as founder and CEO of Immunomatics, this computational biologist and AI innovator is developing technology to assess donor compatibility and reduce rejection risk. Stick around to meet scientist, survivor and changemaker, Lidio Meireles.

- ☑ ~~Check to see if the guest is an Impact Member~~
- ☑ ~~Check for relevant B-Roll and Images~~
- ☑ ~~Get AI to write an exciting intro to read - Read it aloud~~
- ☑ ~~Speedtest~~
- ☑ ~~Update Ads for Today~~
- ☑ ~~Short Link~~
- ☑ ~~Overlay w QR code using short link (then close Canva)~~
- ☑ ~~Close Zoom Workspace~~
- ☑ ~~Delete an old recording from evmux~~
- ☑ ~~Check your beard~~

- ☑ ~~Upload b-roll~~
- ☑ ~~Upload custom overlay~~
- ☑ ~~Update ticker/banner~~
- ☑ ~~Dropbox Off~~
- ☑ ~~Check Audio by recording your voice and listening~~
- ☑ ~~Put in your earbuds.~~
- ☑ ~~Take off your shoes~~
- ☑ ~~3 Tabs Max!~~

Explain how it works:

- [x] ~~Add guest's title~~
- [x] ~~Replace guest on intro and explain~~
- [x] ~~26 minutes - Cue for wrapping up~~
- [x] ~~Shot framing and lighting~~
- [x] ~~No swivel chair~~
- [x] ~~Audio noise cancellation and echo cancellation~~
- [x] ~~Check the rolling schedule to determine when episode will air~~
- [x] ~~Discuss b-roll~~
- [x] ~~On message to begin~~
- [x] ~~muted while videos play~~
- [x] ~~commercial in the middle~~
- [x] ~~Authentic to end~~
- [x] ~~No deal terms~~
- [x] ~~Confirm names~~

Have you turned off everything that makes noise?

- [ ] Cell phone
- [ ] Office phone
- [ ] Email client
- [ ] Web notifications/browser
- [ ] Slack

To turn on a Focus session on a Mac, you can use the built-in Focus feature in macOS. Follow these steps:

1. Open System Settings:
    - Click on the Apple menu in the top-left corner of your screen.
    - Select "System Settings" from the dropdown menu.
2. Go to Focus Settings:
    - In the System Settings window, click on "Focus" in the sidebar. It might be under "Notifications" or "Privacy & Security" depending on your macOS version.
3. Set Up a Focus Session:
    - Click on the "+" button to create a new Focus mode.
    - Choose a template (like Do Not Disturb, Driving, Personal, etc.) or create a custom one.
    - Name your Focus mode and customize it by selecting allowed notifications, people, and apps.

4. Turn On Your Focus Session:
    - Once you have set up your Focus mode, you can turn it on by:
        - Clicking the Focus icon in the menu bar (it looks like a crescent moon) and selecting your desired Focus mode.
        - Alternatively, you can go back to System Settings > Focus and toggle the switch next to your Focus mode to turn it on.