



The Hook Podcast

with Johni & Jess

Guest Recording Guide

We're excited to have you join us on **The Hook with Johni & Jess!** Our goal is to create a relaxed, creative conversation that highlights your story, your craft, and the journey behind your work. Below are a few tips to help make your recording experience smooth and enjoyable.

Arrival Time & Studio Instructions

Our studio is called River City Podcast Studio.

We are located at:
9701 Gayton Road, Suite 8
Henrico, VA 23238

Please park in front of the building near the flag and glass doors. There are usually plenty of guest parking spaces available.

When you enter the building, walk into the lobby and veer toward the left hallway. Once you exit the lobby area, The River City Podcast Studio will be immediately on your right.

Please arrive no more than 5 minutes before your scheduled recording time, as other sessions may be in progress. If you arrive earlier, you are welcome to wait in the main lobby.

If you have any trouble finding us or are running late, please call:
804-916-9920

Before Your Interview

Prior to your arrival, Johni and Jess will review your bio and background information so your introduction is accurate and polished for listeners.

When you arrive, we'll quickly review the flow of the episode and see if you have any updated topics. This is also a good time to:

- Grab coffee, water, or a soda
- Use the restroom
- Set up any instruments or gear if you'll be performing

If you haven't listened to the show yet, we recommend checking out a recent episode to get a feel for the format.

Follow us on social media before your recording so we can tag each other in photos and posts:

Facebook: <https://www.facebook.com/thehookwithjohniandjess>

Instagram: <https://www.instagram.com/thehookwithjohniandjess>

TikTok: <https://www.tiktok.com/@johniandjess>

If You Are Performing Music

Many of our guests share live performances during the episode, which is one of our favorite parts of the show.

If you plan to perform:

- Please bring any instruments you'll need
- Acoustic or small setups work best in the studio
- Plan for 1-3 songs during the episode unless otherwise discussed
- If a song is unreleased or premiering on The Hook, let us know so we can highlight that during the episode

During Your Interview

Our conversations are designed to feel **natural and relaxed**, just like sitting around with friends talking about music and creativity.

A few helpful tips:

- Try to avoid filler words like **“um” or “uh,”** but don't worry — we edit the show to clean up small pauses.
- Our microphones are very sensitive, so please avoid tapping the table or moving objects near the mic while speaking.
- Remember: This is not live. If you misspeak or say something you'd like removed, simply say “let's delete that” and we'll edit it out.

We do not film full video episodes yet, so dress comfortably. We will take photos for social media while you're here.

The Conversation

The Hook is all about creativity, storytelling, and the journey behind the art.

This will be a relaxed conversation where we explore:

- Your creative journey
- Influences and inspiration
- The story behind your music or work
- Life on the road, in the studio, or behind the scenes
- What's coming next

Most importantly, it's a chance for listeners to experience who you are as an artist and a person.

We can't wait to sit down, hear your story, and see where the conversation takes us!

Call-In / Remote Interview Guide

If you are joining us remotely, please follow these tips to ensure your audio sounds clear and professional.

Before the Interview

✔ Find a quiet space

Choose a room with minimal background noise. Carpet, furniture, and curtains help reduce echo.

✔ Use headphones if possible

Wired headphones with a microphone often produce the best sound.

✔ Use a strong internet connection

A wired connection is best when possible.

✔ Charge your device

Make sure your phone or computer is fully charged.

✔ Close unnecessary apps or tabs

This helps prevent lag or interruptions.

During the Interview

Speak clearly and at a natural pace

Avoid speakerphone

Use headphones or speak directly into your microphone.

Silence notifications

Put your phone on **Do Not Disturb** mode to prevent interruptions.