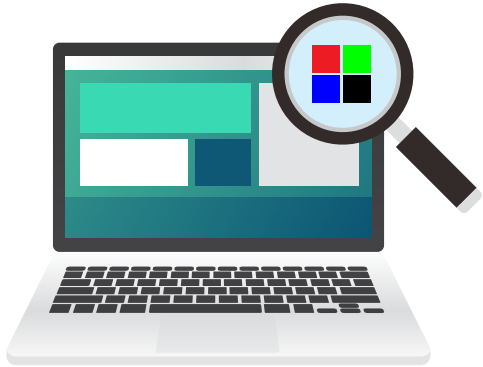
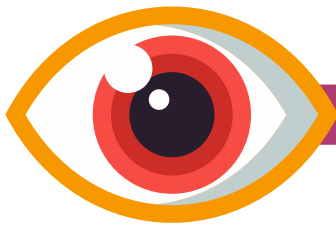
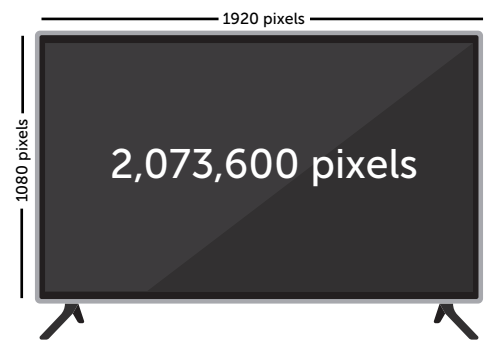


Why are Zoom Calls so Exhausting?



A laptop screen is made-up of pixels – ‘a minute area of illumination on a display screen, one of many from which an image is composed’. Those pixels make-up the resolution.

Your tv is probably a ‘1080’ which means that the screen consists of 1,920 x 1,080 pixels. 1080 is the number of rows and 1920 is the number of columns. If you multiply those two numbers you get 2,073,600 pixels. So, about 2m megapixels.



The human eye can see 576,000,000 or 576 megapixels.

Face-to-face meetings are easier because they are in full technicolour/extra high definition aka, the real thing. The best you can get. Seeing someone through a screen is...

500 times harder to see.

This is why with virtual presentations we have to concentrate so much more.



Non-verbal cues are hugely important when we communicate. This is because they help us understand what someone is really saying. Normally we have no trouble seeing the slightest facial change. The smallest twitch. The pull of an ear.