[HR Recording.m4a](https://bkrinternational.sharepoint.com/:u:/s/BKRInternationalTeam/EakbmlbPM_1KrXEA0Twl-RMBiJrH51KJ0DPSKRDeLBDn9A?e=Dn4lZt)

[HR Video Recording.mp4](https://bkrinternational.sharepoint.com/:v:/s/BKRInternationalTeam/Ecf5Q7N453NFqG89Mju4Uy8BCp93XpGCW1vfvW9W6-gQrQ?e=MHnWjZ)