

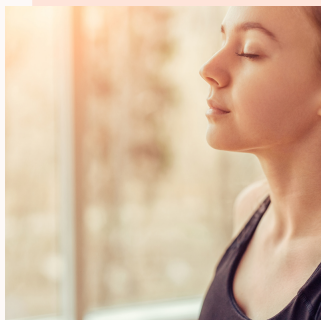
7 STEPS TO CAMERA CONFIDENCE



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7 STEPS TO CAMERA CONFIDENCE



1: Breathing

As we get nervous, our breathing gets shallow, resulting in tension and stress; take deep belly breaths, and breathe in through your nose and out through your mouth.



2: Smile or Laugh

When you smile or laugh, you lift your cheekbones; lifting your cheekbones helps you look energised on camera.

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3: Practice

To be good at something, you must keep doing it. Perfection is a moving target; the more we practice, the better we get.



4: Talk to a Friend

Imagine someone you love behind the lens cheering you on. Talk to one person; only one person is watching and listening to you at any time.

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5: Dress 4 Success

Large and small patterns or strips buzz. Avoid black, red, and white. Wear something that complements your skin tone and makes you feel good about yourself.



6: Lens at Eyelevel

Place your device at eye level; your eyes make the connection on camera, never look directly down the lens; look to the right or left and imagine you are talking to someone behind the screen.

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7: Start Doing It

Think... Lights, Camera, Breathe, Smile Action!

Press record or go Live.



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