

HOW TO GET CONFIDENT ON CAMERA



THE CAMERA NEVER LIES



BE REAL. PEOPLE LOVE THAT.

People pay for your service because they like it and believe it or not, they like you! Show them more of you, give the audience what they want!

STAY ALIVE ON SCREEN

A twinkle in the eye is highly engaging on camera. Stay connected to your audience with each and every word.

KEEP YOUR EYE ON THE PRIZE

Look down the barrel and minimise looking away when you're talking to your audience, it's rude!

CLEAN YOURSELF UP

Brush your hair, wash your face, spray some perfume. When you feel fresh your energy is fresh and it comes across onscreen.

VOICE & BODY CONTROL

Practise, practise, practise. Your confidence will come through your voice and body, warm them up to avoid nervous glitches, Breathe well and 'use' the nerves.

GET OUT OF YOUR OWN WAY - IT'S NOT ABOUT YOU

Be clear and focused on your objective. What do you want from your audience and how are you going to get it?