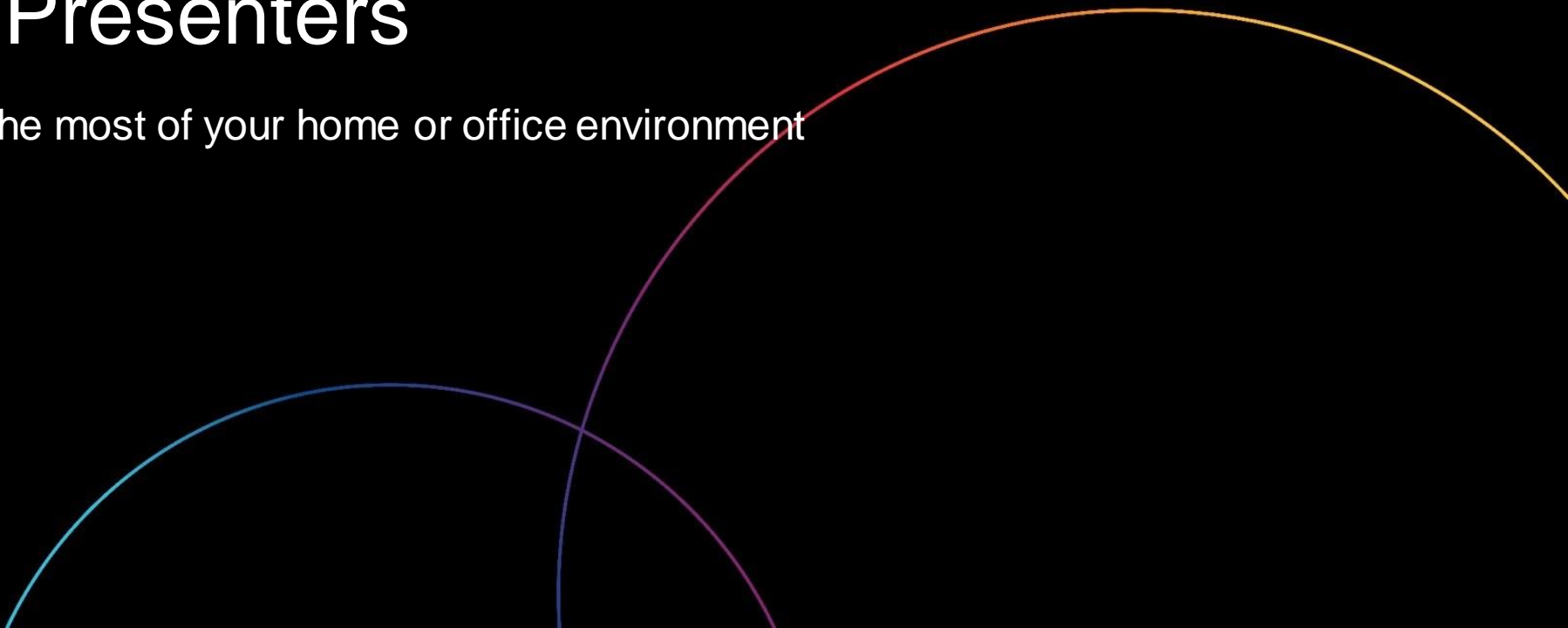


Remote Presenters

Making the most of your home or office environment

Three large, thin, overlapping arcs in blue, purple, and orange colors are positioned in the bottom right quadrant of the slide, creating a modern, abstract design element.

Environment

Create a clutter-free, clean space



Lighting

Front-facing natural or artificial lighting is optimal



Your entire frame should be clear and full of light. Ensure the lighting is facing you, not shining behind you.



Natural light



Artificial light

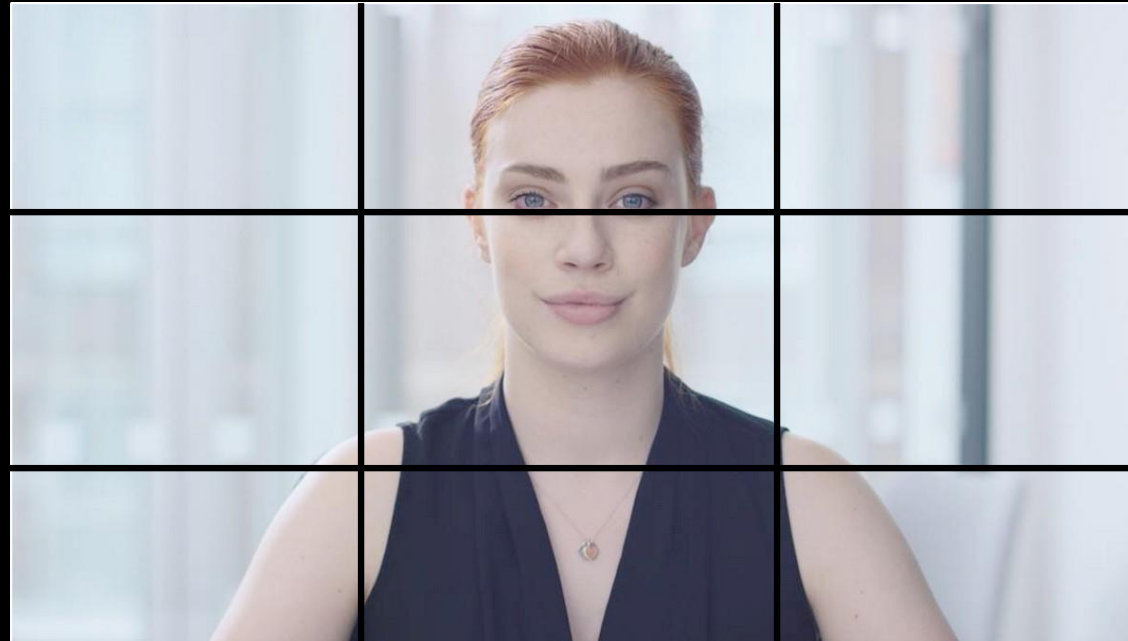
AUDIO

Avoid using your computer's microphone if possible. Headphones or an external microphone work best to achieve good sound quality



COMPOSITION

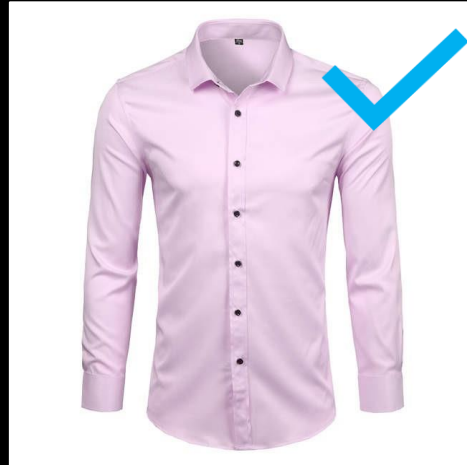
When framing your shot, follow the rule of thirds. Stay in landscape orientation with the camera lens at your eyeline, and keep it 16:9



The subject's eyes should line up along the top line in the frame. There should also be just enough head space from the top of the head to the top of the frame

Wardrobe


Colors and patterns can make a difference in how you come across on screen



DO: Stick to simple designs and lighter colors

DON'T: Wear white, green, or busy patterns. Avoid logos and large jewelry

ADDITIONAL TIPS FOR SUCCESS

- Always be aware of your video and microphone positions (camera and microphone muting)
 - Try to refrain from typing on your keyboard while you are engaged on screen - keep your focus and attention directly on the remote audience
 - Think of ways in which to bring the audience into the “show” - are there opportunities for interactivity?
- 

Tips for all Presenters

For anyone presenting on camera



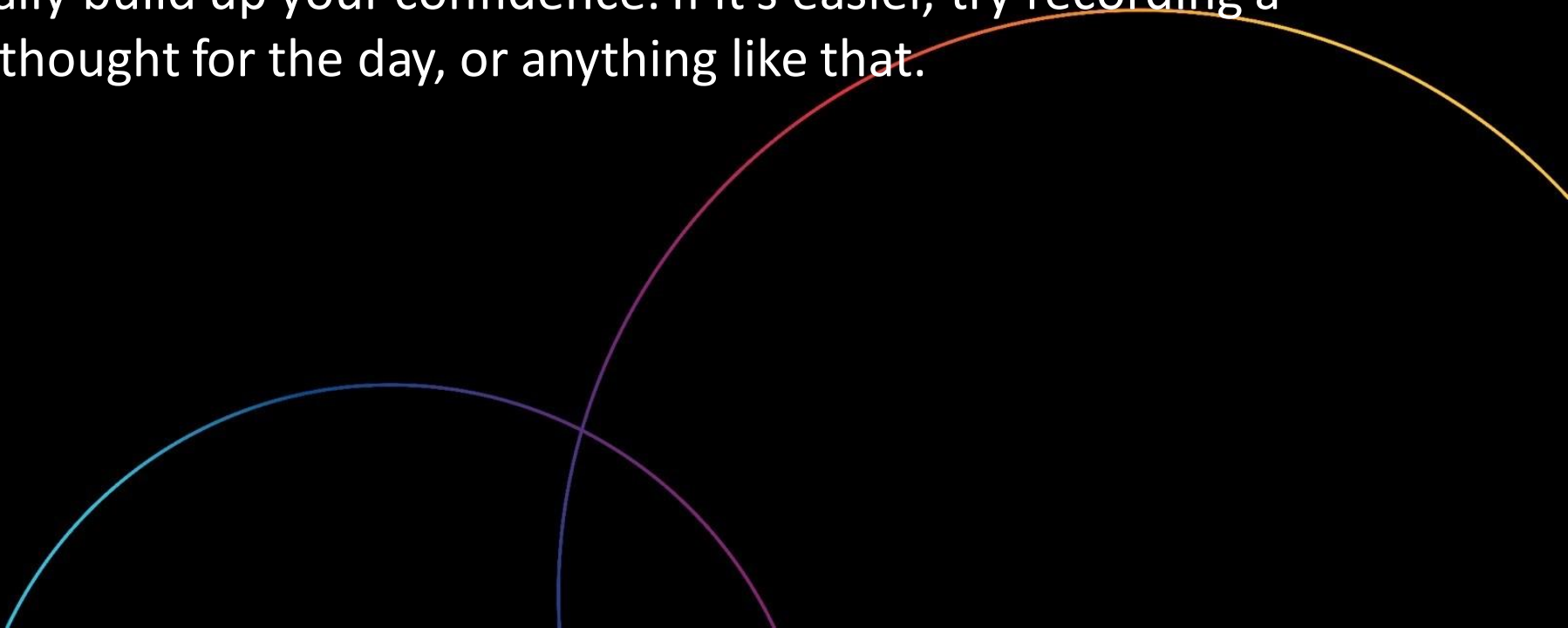
Speaking on Camera Tip #1: Just Get Started

Speaking on camera is a skill set anyone can learn; you just have to get started. You have to get in front of that camera and practice. When I first started, I was nervous as heck. My first time speaking on stage, I almost passed out. My first live stream was terrifying, especially because my first live stream had 3,000 concurrent viewers!

But like anything else, once you get started, it becomes a hundred times easier. If the idea of jumping two feet in is a little bit too much for you right now and you're a little bit scared, well, then tip number two is going to be your favorite thing.

Tip #2: Record Yourself Talking

Grab your phone, throw it in selfie mode on video record, hold it up, and speak to your phone for about two to five minutes every day for 30 days. Don't post it on social media, don't delete it, don't really worry about it. Just the act of recording and forcing yourself to speak for two to five minutes to a camera will naturally build up your confidence. If it's easier, try recording a song, a speech, a thought for the day, or anything like that.



Speaking on Camera Tip #3: Rewatch the Recordings

We are our own worst critics, and as such we are also our own best teachers. After 30 days of recording yourself talk, go back and look at day #1. Then look at day #30 and see how much you have already improved. From there, do a rundown of what you like and what makes you cringe.

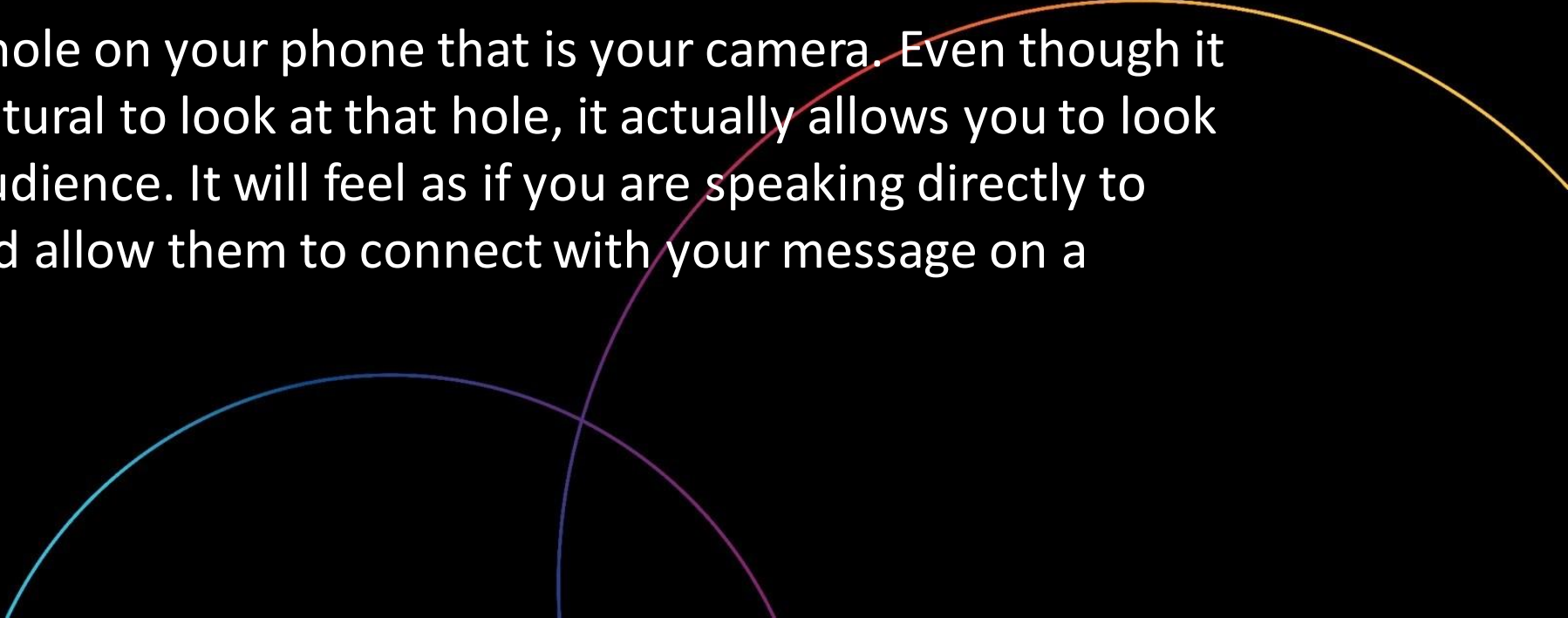
If you don't like the facial expressions you make, practice not making those faces or become comfortable with the faces you do make. My face is super-expressive and I have a folder of unwanted expressions I've made that I look at when my ego gets too big.

If you are forgetting what you are trying to say, stumbling, fumbling, and saying "um"s and "ah"s, practice speaking eloquently. Slow down, enunciate your words.

Tip #4: Pay Attention to Your Eyeline

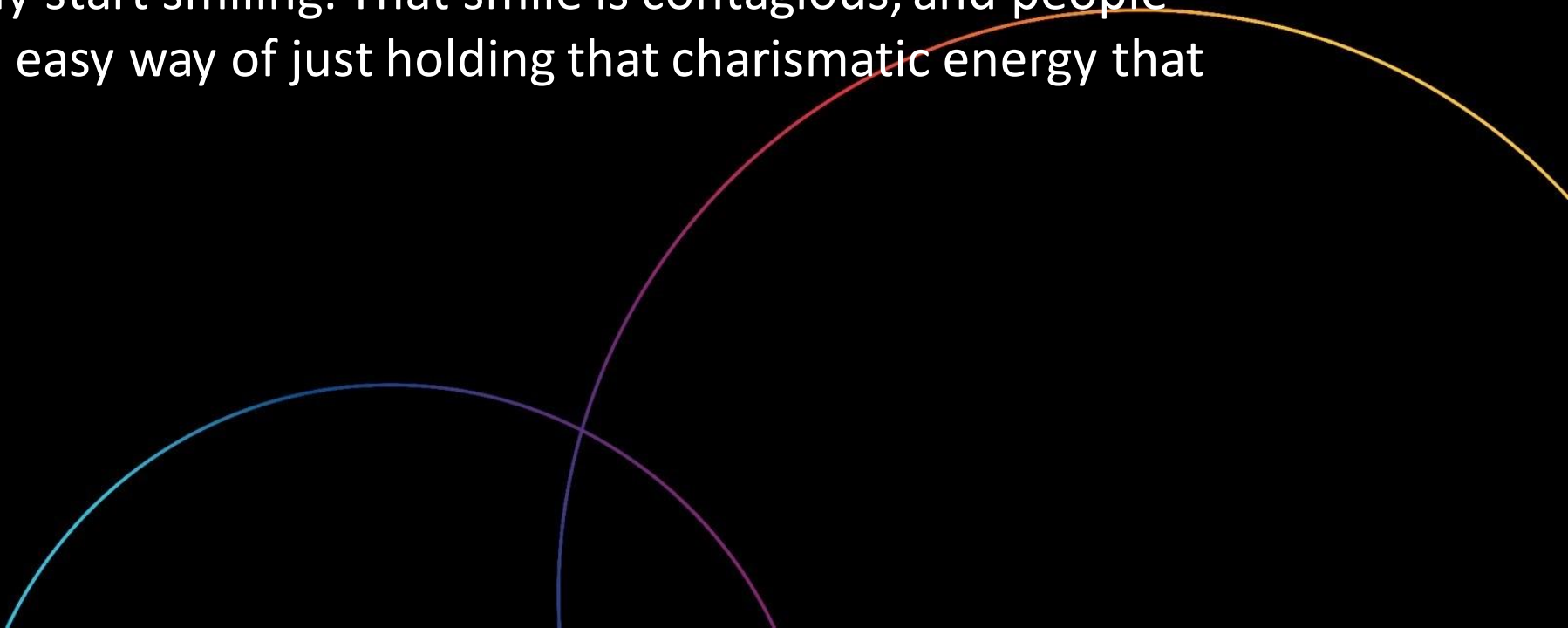
Most people record themselves talking while the phone is in selfie mode. They then proceed to look at themselves the entire time. **Don't do that!** The closer the phone is to you, the more pronounced your eye contact and movements becomes.

Look at the little hole on your phone that is your camera. Even though it is weird and unnatural to look at that hole, it actually allows you to look directly at your audience. It will feel as if you are speaking directly to your audience and allow them to connect with your message on a deeper level.



Tip #5: Pretend You Are Speaking to a Friend

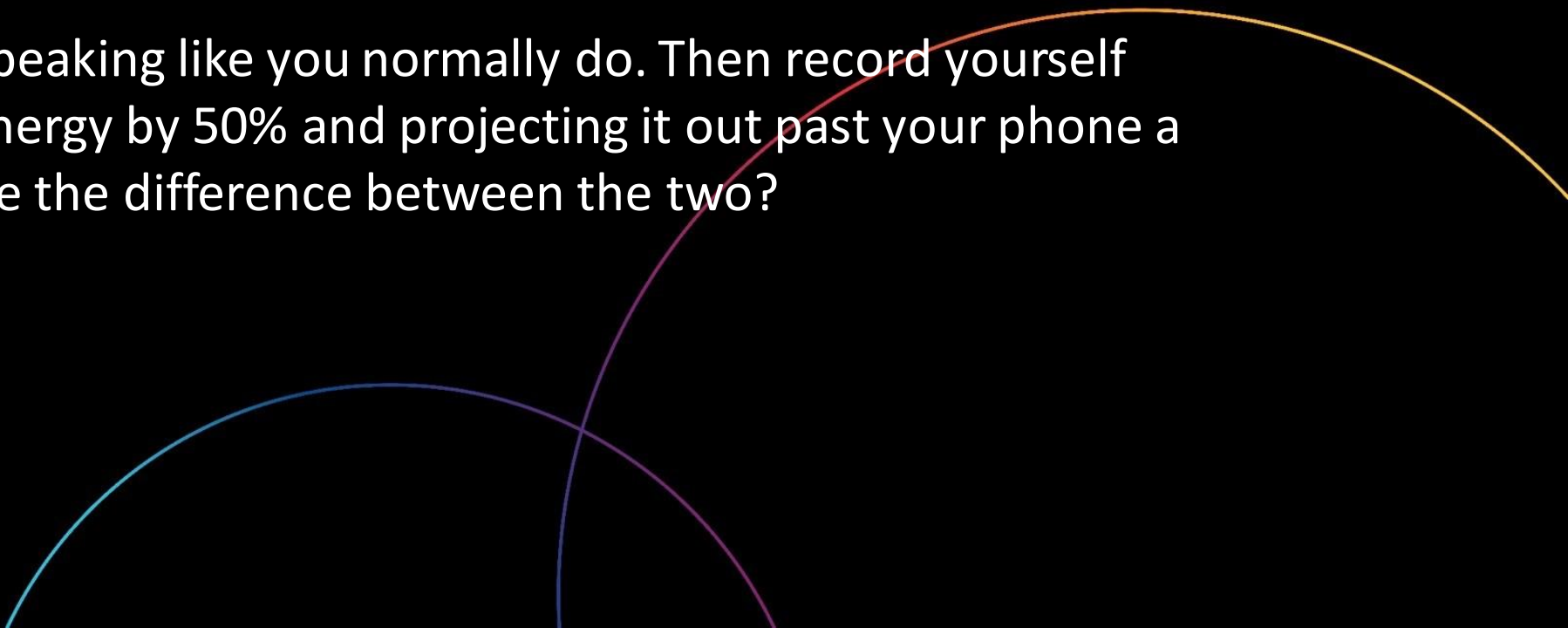
When you are speaking on camera, you want to pretend there is someone behind your camera who is a friend, maybe sitting 1-3 feet behind the camera. See them smiling and rooting you on because then you will naturally project your energy past your phone to that person, and you'll naturally start smiling. That smile is contagious, and people love it. And it's an easy way of just holding that charismatic energy that we all have.



Tip #6: Project Your Energy When Speaking on Camera

There's a saying that the camera adds 10 pounds. Well, it also reduces the energy output you're delivering by about 50%. If you speak to the camera how you normally talk to a friend, it will come off as dull and monotone.

Record yourself speaking like you normally do. Then record yourself increasing your energy by 50% and projecting it out past your phone a couple of feet. See the difference between the two?



Tip #7: Master Your Breath

There are two ways we breathe. One is short, shallow breaths using the chest. Typically, when you are sitting stationary and doing very little, this is how you breathe. The second is deep breaths with the diaphragm. If you speak while taking short, shallow breaths, you will quickly run out of air and start coming off nervous and anxious as your body is trying to finish talking to get that next breath of air.

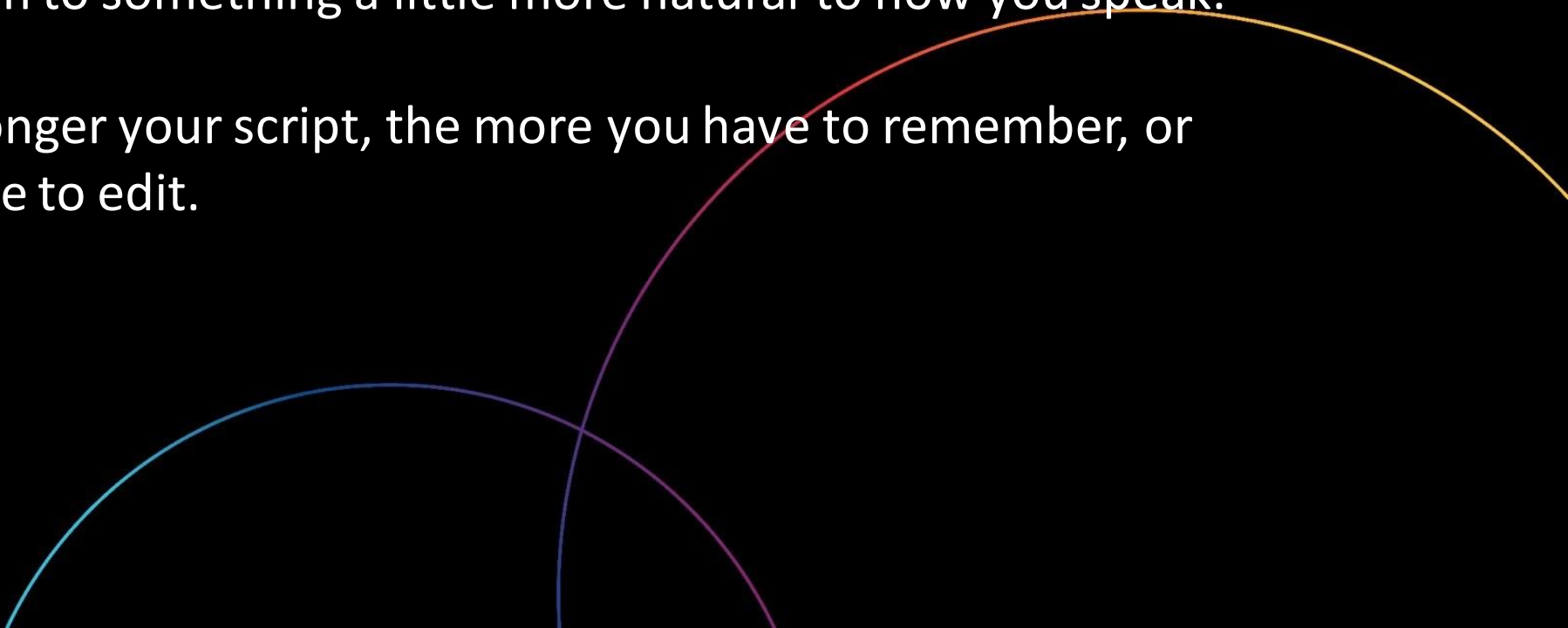
On the other hand, if you practice simple breathing techniques, you can learn how to master your breathing. A simple technique is to lay down on your back, put your hands on your belly, and take deep breaths with your diaphragm. You can also take vocal lessons too.

Tip #10: How We Speak Is Different Than How We Write

Practice your script out loud!

How we write and how we speak are drastically different. Take your script before you go live and read it out loud. If you start to fumble, rewrite the section to something a little more natural to how you speak.

Remember, the longer your script, the more you have to remember, or the more you have to edit.



Thank you!

