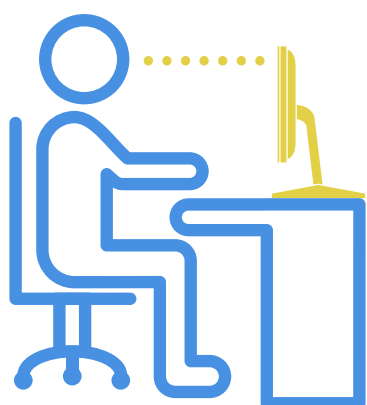


# Tips For Being On Camera

The view and angles your audience has of you can affect how professional you come across. Make sure to follow these best practices.



## Position Your Camera At Eye-Level

This provides the most flattering perspective and makes it easier for your audience to connect with you.

## Frame Yourself From The Chest Up

This is optimal for showing body language and hand gestures. (You should still wear pants though.)

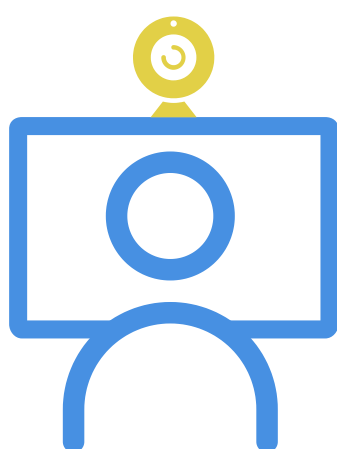
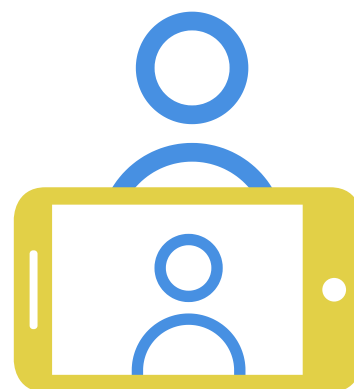


## If Standing, Put Tape On The Floor

Once you find the best spot for framing yourself, a piece of tape can help you ensure you're always stood in the right place.

## Film Horizontally If You're Using A Phone

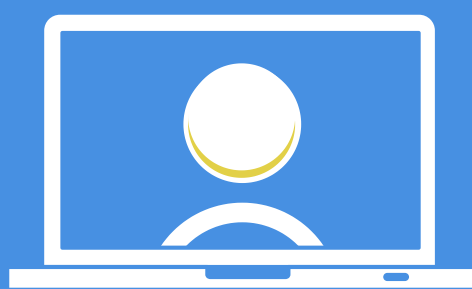
Unless you're doing an informal update on social media, all videos should be orientated horizontally.



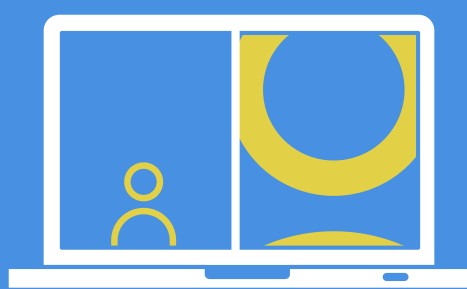
## Use A Webcam For Higher Quality

Video quality is not as important as your speaking skills, content, and audio, but aim for at least HD resolution where possible.

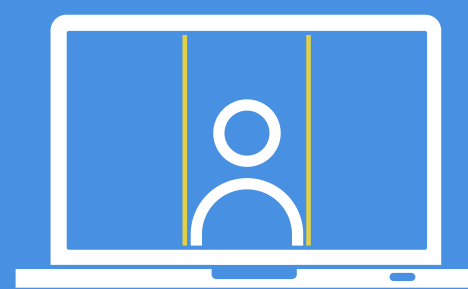
## Bonus - What To Avoid



Avoid the under-the-chin view



Don't Be Too Close Or Too Far Away



Don't Film In Vertical