



SOLO VIDEO TIP SHEET

Have to film yourself for a podcast or presentation?

Here are some simple things that you can do in your space to make the best video possible

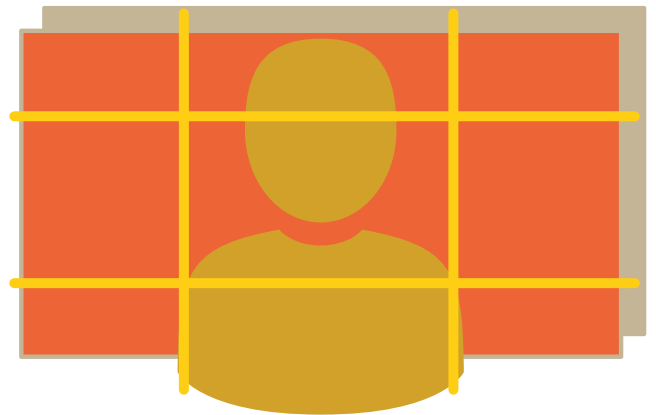
ASPECT RATIO

The conventional orientation for all video destined for a screen is landscape, (16:9 or horizontal). If you're filming using your mobile, switch it around so the long side is horizontal.

FRAMING

Use the Rule Of Thirds to position yourself in the frame. You're the most important thing in the shot, so make sure you occupy most of the space. Have a little space above your head, and use the sides of the frame for complimentary free space.

Viewers might like to know some context, so don't be afraid to show who you are with some funky furnishings or your favourite books behind you.



LIGHTING

Make sure that light is falling on your face so that viewers can see your eyes.

Don't shoot with a window or bright light source behind you. This can confuse even the best camera and make the resulting image over-expose as the sensor tries to cover the extremes of light and dark.

Sparkles! The popular LED ring lights are cheap, easy and useful ways to create lighting on your face, with the bonus that the reflection of the light in your eyes creates a lively sparkle that will make you shine.



DO'S & DON'T'S



POSITIONING

Make sure that your camera is at eye level with you. A camera looking down on you makes you seem small, and a camera looking up at you risks the viewer seeing up your nose. Not a good look.

LOOK AT THE CAMERA

Check exactly where the camera is on your device and look at it when you talk. Many people naturally look at the image on their screen, which is often below the camera, or to the side on a mobile device and this gives the impression that you're dodging eye contact.

SMILE

Radio presenters and old school tele-sales people use a trick of smiling when they talk. The 'smile' in your voice does come through!

NOTES

Place your notes on your screen right under the camera, or if you like printed paper: upright on a stand next to your screen so you don't have to look down to remind yourself of your talking points. Look up and engage your viewers.

SPEAK CLEARLY

Sitting down to speak does not allow your diaphragm to move fully and can lead to breathless, quiet voices. Get up, stretch and do some deep breathing - get oxygen into your lungs before you go on camera. ***Go Hero Pose!!***

CAMERA SHAKE

If using a laptop with a camera in the screen, make sure that you're not on a table that moves when you lean on it and makes the camera wobble!

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