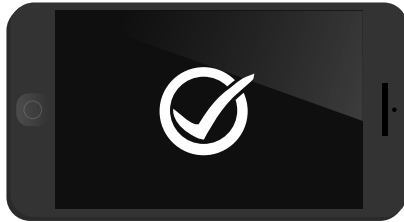


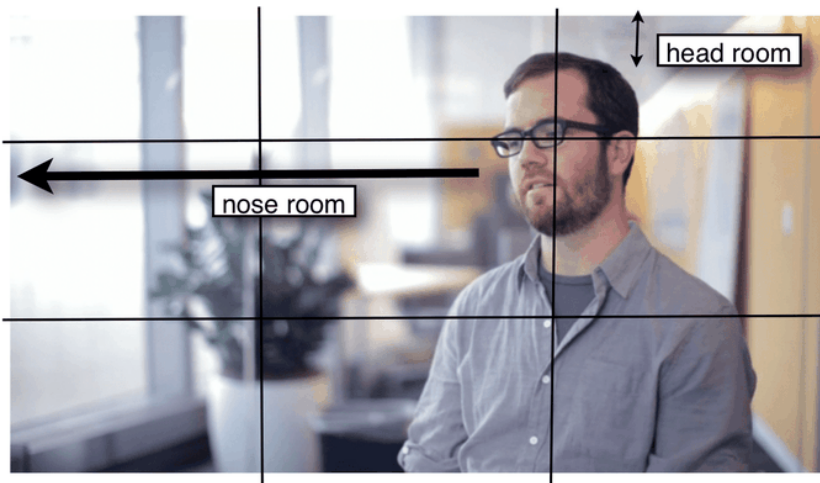
FILMING TIPS

TO LOOK AND SOUND YOUR BEST

HOLD PHONES
LIKE THIS



NOT
LIKE
THIS



THE **RULE OF THIRDS**

FOR IDEAL FRAMING

Position subject on one **THIRD** of the screen, (left or right is fine).

CAPTURE GREAT

AUDIO



BE HEARD CLEARLY

This part is easy, just plan to film somewhere with minimal background noise. And try not to speak too fast, or too quietly. Keep it conversational.

ENSURE GOOD

LIGHTING

LOOK YOUR BEST



Ideally, sit facing a window, so natural light illuminates your face. No part of your subject should appear *completely white* (overexposed), or *completely black* (underexposed).