

How To Be Confident On Camera

[BONUS: Confidence On Camera](#)

Imagine this. It's time to start filming, you got everything organized, props, lights, script and you hit the record button but then... You freeze. Your mind goes blank and you can't remember what your supposed to say. What do you do?

Filming your video can be a challenge. Needing to get in front of the camera and say something often doesn't come naturally and it can be very nerve racking. Trust me, I was at that exact spot myself. In this bonus video we go over tricks to get more comfortable on camera and crush the anxiety that holds you back from filming your videos.

In this video we discuss:

1. Make The Camera Your Friend
2. Presentation Skills
3. Structuring Your Content
4. Authenticity in Your Videos
5. Using Editing to Enhance Confidence
6. The Importance of Self-Review
7. Starting Privately
8. The 5-Minute Fear Buster Framework

1. Make The Camera Your Friend

- The #1 way to become more confident on camera is to image the camera is your friend you are talking to. I know this can be difficult but the part that holds a majority of people back is that you are talking to an inanimate object that doesn't give any kind of response back. Because of this imagine the camera as a buddy you're catching up with; this mindset reduces the pressure and fosters a more genuine interaction.
- Look Good, Feel Good. It's simple yet effective. Wear your favourite outfit and something that makes you feel your best.

2. Presentation Skills

- Minimizing Filler Words: Instead of using "umm" and "ahh" during pauses, opt for silence. This not only makes you appear more thoughtful but simplifies editing by allowing easy removal of these pauses.

- **Utilizing Natural Gestures:** If you're inclined to use hand movements while speaking, let them flow. This adds energy to your delivery, making your content more engaging.
- **Injecting Energy:** A lively and passionate tone keeps viewers hooked and conveys your message more effectively. Aim to avoid a monotone delivery to maintain interest.

3. Structuring Your Content

- **Simplifying Scripts:** Rather than scripting every word, use detailed bullet points that guide your dialogue. This allows for a more natural delivery. It will sound stuffy if you try to write out every word you plan to say. However, if it makes you more comfortable to write out your entire script, go for it, at the end of the day it's personal preference.
- **Conversational Writing:** Ensure your script sounds like you; avoid formal or unnatural language that doesn't fit your usual speaking style. Write how you speak.
- **Past, Present, Future Framework:** This strategy prevents you from running out of topics to talk about by answering 3 basic questions. What just happened? What's happening now? and what's about to happen next?

4. Authenticity in Your Videos

- **Being Yourself:** Authenticity is key. Showing your true personality, including imperfections, fosters a stronger connection with your audience and allows you to continue making content for the long haul.

5. Using Editing to Enhance Confidence

- **Editing as a Safety Net:** Remember, any mistakes or awkward moments can be edited out before your video goes live. Use this to your advantage and cut out anything you are not comfortable with. On the other hand, do as many takes as you need. The audience will only see the best final take at the end.

6. The Importance of Self-Review

- **Getting Comfortable with Your On-Screen Presence:** Watching your own videos helps you become accustomed to your voice and mannerisms, increasing your self-assurance. This will be awkward at first but over time you will get used to it. Think of this like game tape review.

7. Starting Your Filming Journey Privately

- **Ease Into Public Filming:** Build your confidence by initially recording in private settings. This allows you to practice without the added pressure of an audience. This is how I started and over time I built confidence in my ability to talk to the camera.

8. The 5-Minute Fear Buster Framework

- **Pre-Filming Warm-Up:** Before the main recording, spend 5 minutes talking about anything to the camera. This acts as a rehearsal, helping you get into the rhythm of speaking. Concentrate on refining presentation skills in the latter part of this exercise to enhance your delivery during the actual filming. Doing a warm up like this is an absolute game changer to knock the rust of and get you into the headspace to film your videos.

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