

**CUECARD** PRODUCTIONS

**10 TIPS**  
**TO HELP**  
**YOU FEEL**  
**MORE**  
**COMFORTABLE**  
**ON CAMERA**

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# 01

## **PRACTICE MAKES PERFECT**

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Prepare a script and get comfortable with your lines by practicing ahead of time. This way, when the time comes for filming, you'll have the confidence of knowing your material well.

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# 02

## COMFORT IS KEY

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Wear clothes that make you feel good and if possible, choose neutral colours like black or grey as they tend to look better on video than bright colours or patterns. Also make sure that you're comfortable with your surroundings, and that noise levels are low. Being relaxed will help keep your body language natural and ease any anxiety or nerves you may be feeling.

# 03

## **KNOW YOUR AUDIENCE**

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Who is watching? Knowing who's going to see the video will help give direction and purpose so that everything flows together better and helps create a more unified story.

# 04

## TAKE BREAKS

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Don't expect yourself to get it right in one take! Take the time needed between takes to take a deep breath and reset before moving on to the next scene or line of dialogue.

# 05

## **GIVE YOURSELF PERMISSION**

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Remember that no one is expecting perfection from you! Allow yourself permission to be real and imperfect – it will make for much more engaging content for viewers!





# 06

## **EMBRACE MISTAKES**

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Instead of worrying about making mistakes, remind yourself that everyone makes them – even seasoned professionals – and use those moments as opportunities for growth instead of dreading them as blunders!

# 07

## **SPEAK** **SLOWLY**

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Take your time speaking so that viewers don't miss important information or points due to being rushed through too quickly. Slowing down also keeps stress levels low which allows for easier transitions between points made during spoken segments of videos!



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# 08

## KEEP ENERGY HIGH

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When filming a video, it can often feel like an eternity but try not let fatigue show in your delivery by keeping energy high throughout filming sessions (even if this means taking regular breaks).

# 09

## POSTURE UP

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Good posture exudes confidence while bad posture might give off an air of insecurity so try standing tall with shoulders back instead of slouching over – it will instantly increase your confidence level!





# 10

## **SMILE & LAUGH AT YOURSELF**

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Smiling is always attractive; it shows genuine engagement with the material being presented as well as conveying warmth & comfortability with the viewer(s). And don't forget - laughter is always contagious!

## CONCLUSION:

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Having confidence on camera doesn't come naturally for everyone but these tips should help anyone become more at ease when it comes time for shooting video content or appearing in front of an audience! With practice, patience, and understanding one's audience, becoming comfortable in front of a camera is totally achievable! The most important part isn't necessarily having perfect delivery but rather being passionate & authentic every step along the way, that will truly shine through in each video produced!

If you found these tips useful, then our team of story and presenter coaches are on hand to help and guide you throughout the entire process, that is before, during and after filming, to ensure you look, feel and perform at your best.

If you have a video idea that you'd like to explore, then [get in touch today](#).

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