



# CHAMBER STUDIO

## PRESENTING DOS AND DON'TS



**Prepare** - It is really important to be fully prepared your script. When you have learnt exactly what you are going to say it allows you to not have to think too much while you are filming, meaning you can concentrate more on being passionate about your chosen subject and delivering it well.



**Wardrobe** - Ensure you wear clothing that best represents your company/brand. You will want to look your best on camera and this will contribute to feeling confident but also ensure you are comfortable and not wearing anything that will distract or restrict you



**Get yourself in the right state before the take** - Taking deep breaths and allow yourself to be comfortable and ready to speak.



**Stand up straight with your shoulders back** - this helps you to feel more confident and also helps with breathing to ensure your voice projects properly and is clear.



**Be Yourself** - being on camera can sometimes feel uncomfortable - but just being yourself allows your personality to shine on screen.



**Take your time** - Don't feel you have to rush your way through your script. Allow yourself, to speak normally and take short pauses where it feels natural to do so.



**Don't worry if you're not word perfect** - If you have written a script and you waiver slightly from the exact wording carry on! This will come across more natural so do not be phased if you change it slightly as long as the overall message is correct.



**Don't beat yourself up!** If you make a mistake don't beat yourself up, it will make you unnecessarily stressed and make the next take more difficult. If you do make a mistake we can cut and start again so no big deal!



**Enjoy it!** Enjoy being on camera and delivering your message. It makes a big difference to how you come across on camera if you are enjoying being there. If you're enjoying it, so too will the viewer.

### FINALLY:

**Use small movement** - Don't be afraid to use natural small movements with hands etc. If you feel you would like to use gestures just go with it you will look much more natural than trying to stay still and stiff. Do be careful about moving too much though as this can make you drop from the frame or it can be distracting, the filming team will inform you of how much room you have for movement.