

Being on camera can be challenging, but with practice you'll get better and grow more confident. Here are some simple tips to greatly increase the production of your Zoom recording.

Background

- Clean (Remove any unwanted items from the background)
- Find a place with low family traffic (Avoid rooms near the kitchen or bathroom)
- Close any open doors or windows in background

Attire:

- If you have a darker background, wear lighter clothes. And vice versa.
- Stick to solid colors

Lighting:

- Set up your laptop or computer near a window.
- If you have lamps or lights in the background, turn them ON. This will also help brighten the room

Audio:

- Sit in an area that will have zero to low family traffic during your recording
- Turn off fans, videogame systems, electronics in the area that emit noise
- If possible use a microphone specifically made for podcast or audio recording. The next best option is to use headphones with a microphone that will sit close to your mouth.

Camera:

- Make sure your camera is at eye level with you and on a level surface. You may need to prop up your device to make this possible.
- Tilt your camera so that there is no less than 2 inches above your head and the top of the frame of the video

On-Camera Tips:

- Look into the camera on your laptop and not at yourself or the audience on the screen
- Feel free to hold your hand gestures higher than you typically would when on camera; this will allow viewers to be able to see your body language

Connection Tips:

- Wire into your modem with an ethernet cable if possible.
- Turn off notifications and close out any unnecessary applications on your computer

This is a basic overview, sign up for custom coaching to level up your skills!

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