

Your Quickstart On-Camera Toolkit

BY TAMIKA BICKHAM



BONUS TIP

Always run a test before you shoot your video! Count to 10 on camera and watch it back before you start.

CHECKLIST

5 Things You Should Do Before You Hit Record

- ✓ **ELIMINATE ANY DISTRACTIONS**
In both your appearance and the background
- ✓ **KEEP THE CAMERA EYE LEVEL**
- ✓ **CONSIDER YOUR FRAMING**
You should be centered with adequate head space and equal space around you on the left and right
- ✓ **USE LIGHTING ON YOUR FACE**
Make sure you have natural lighting or use a lighting tool
- ✓ **CHECK FOR CLEAR AUDIO**
Bad audio is difficult to correct in post-production

3 Tips To Improve Your On-Camera Performance

- 1 IMAGINE YOU ARE TALKING TO ONE FRIEND
- 2 CONNECT WITH THE CONTENT YOU ARE SHARING
- 3 WATCH YOURSELF BACK



3 Tools I Love For Shooting Video Solo

- 1 Standing Ring Light – [Buy It Here!](#) >
- 2 Sturdy Cell Phone Tripod – [Buy It Here!](#) >
- 3 Portable Ring Light – [Buy It Here!](#) >

Interested in learning more or booking me for a hands-on workshop at your organization where we put this into practice?

Email Tamika at tamika@tbmediagroup.com or [BOOK A DISCOVERY CALL HERE.](#)

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