

HOW TO FILM YOURSELF:

5 SIMPLE TIPS

1) CLEAN SCREEN:

- It's an obvious one, but a point a lot of us forget. Be sure to wipe your camera lens before you start recording! Don't let smudges and blurry fingerprints stand in between you and producing good quality content.

2) WHERE TO LOOK:

- Aim to look directly at the camera on your phone – not the screen. When you speak facing the camera, the audience will feel as if you're directly talking to them – creating a sense of closeness and intimacy.

3) LIGHTING:

- Lighting is essential for good production. Try to shoot during daylight hours with the window facing you. If that's not possible, put on your lights and use a lamp to make sure your face is not hidden by shadows.

4) MOVEMENT:

- Try to keep the camera as still as you can. This will avoid distracting the audience and keep the focus on you – the subject. If possible, set the camera on a stand or against a pile of books on a steady table.

5) AUDIO:

- Lastly, avoid any background noise which can be off-putting for viewers. Turn off any fans and close the windows to avoid the sounds of road traffic.