

## Want to look good on video?

Whether you'll be live or pre-recorded, follow these tips for video success:

1. Light up your face.
2. Make eye contact with the lens (but don't stare.)
3. Get the lens at eye level.
4. Check your framing.
5. Speak extemporaneously rather than using a script (but it's okay to refer to notes.)
6. Move your body or the camera to catch their attention.
7. Use screen share to show photos.
8. Dress professionally.
9. Put your pets away.
10. Watch your background.
11. Test your technology before trying to play recorded video or audio.
12. Relax! Be yourself. It gets more comfortable with time.

### *More tips for recorded video:*

- Aim to use your first take. You'll sound more scripted and stiff the more times you record (and it probably won't get better.)
- Speak to the camera as if giving a live presentation, to minimize the amount of editing you need to do.
- Back up your finished videos. Ours are on my computer hard drive and in the cloud.

### *More tips for live video:*

- Make sure both people have a broadband connection to the internet, preferably hardwired.
- Have all of your materials within reach, but don't be afraid to break the frame occasionally to grab something.
- Mute their volume if you ask them to sing or play with you (the time lag will throw you off!).
- Practice switching views with screen share before doing this live.

*More support for music therapists at*  
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