

# 10 TIPS FOR BEING FABULOUS ON CAMERA



HIGHLANDER  
STUDIOS  
FILM • TELEVISION • STAGE • MEDIA



## MASTER YOUR ON-CAMERA PRESENCE

Whether you're preparing for a media interview, a virtual presentation, or creating content for your brand, this resource will equip you with the skills to become camera-ready and shine in the spotlight.

By Media Trainer, Marion MacKenzie Pyle, M.A. | [highlanderstudios.org](https://highlanderstudios.org)

# 10 TIPS FOR BEING FABULOUS ON CAMERA

Show up like a Pro on camera with clarity, confidence, and a compelling presence!



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## 1. Know Your Material.

Our brains cannot focus on two things at once. So, if you are struggling to remember your lines, it shows on camera. Know your material so well that you can make any adjustments at any time and still deliver a confident performance.

## 2. Create a Pre-shot Routine.

Develop a pre-shot routine that helps you get into the right mindset before filming. This could include stretching, positive affirmations, or listening to music that energizes you or puts you in the right mood to show up with confidence.

## 3. Record Rehearsals and Review.

Film yourself during rehearsals and review the footage. This allows you to identify areas for improvement in your appearance, delivery, body language, and overall presentation.

## 4. Use the Rule of Thirds.

If it's up to you, instead of placing yourself directly in the center of the frame, position yourself slightly off-center using the rule of thirds. This creates a more appealing composition.

## 5. Focus on Breathing.

Pay attention to your breathing before and during the photo shoot or filming. Deep, slow breaths help calm nerves, improve your vocal delivery and more natural body language.

## 6. Visualize Your Audience.

Imagine you're speaking to a specific person or group of people. Visualizing your audience can make your delivery more personal and engaging.

## 7. Use Sticky Notes for Eye Contact.

If you struggle with looking directly into the camera lens, place small sticky notes around the camera to draw your eyes towards it naturally.

## 8. Harness the Power of Silence.

Embrace moments of silence during your presentation. Pausing strategically can emphasize key points and make your delivery more impactful.

## 9. Experiment with Vocal Variety.

Practice using different vocal tones, pitches, and speeds to keep your delivery dynamic and engaging. Mix it up.

## 10. Embrace Imperfections.

Embrace your unique quirks and imperfections as they can make you more relatable and authentic on camera.

Put these tips into action for your next interview, virtual presentation or content creation. You've got this!



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