

# PRESENTING TIPS

## **Tips for being yourself on camera/improving presenting skills:**

Prepare/Rehearse

Know the Material/Information

Pretend you're talking to a friend

The key to appearing natural and engaging on camera is feeling confident in being yourself and knowing the material/information you are presenting.

## **PRE-RECORDING/REHEARSAL:**

- The speaker/presenter should be encouraged to prepare what they are going to say and to rehearse and practice how they say it.
- It's okay to have notes (a script) on the day and to refer to them between takes. Make sure you have a checklist of the key phrasing you need to get across.
- Rehearsing will also help to ease nerves.

## **ON-CAMERA**

If you are feeling nervous take some time to practice some mindful breathing (4 secs in, 8 secs out) to regulate your heart rate.

Tips for acting natural include:

- Smile!
- Make sure you have an eye-line point to look at. Ideally this will be the interviewer, or the camera lens itself.
- Speak naturally in your own voice, rhythm, style and tone. Don't put pressure on yourself to 'act' like a television presenter.
- Your vocal pitch naturally rises and falls when you speak, and your head will also naturally move - allow your body and voice to feel relaxed and move in this way.
- Imagine you are talking to a friend (if you are directing yourself - ask a friend if they can stand in as 'interviewer' so you have someone to talk to and direct your dialogue at).
- Have water on stand-by for any nervous tickle in your throat.
- Look at presenters you admire on social media and use their style as a reference point for what works.

## **THINGS TO AVOID IF POSSIBLE**

Remember the audience does not want to watch a nervous/rigid presenter. This could encourage them to switch-off without hearing the message of the video.

- Make sure your clothing/hair/presentation is all set before you roll camera and avoid fidgeting with collars, hair strands, etc. as this may affect continuity in the edit and also give the impression the presenter is nervous or uncomfortable.
- Try not to appear rigid and stiff on camera (remember to smile and use breathing exercises beforehand).
- Try to avoid putting your hands in your pocket, it can look too casual or indifferent.

## **TWO-PERSON PRESENTING:**

If you are interviewing someone on camera - and both appearing on screen:

- Make sure to mark both of your positions (for the camera) and try not to move too far outside of the marks.
- If walking and talking, keep the pace slow and natural.
- Keep eye contact with the interviewee.
- Smile and nod to help them feel at ease.