

# Confidence On Camera Cheat Sheet

## Mental

1. **It's all about self-acceptance. Being comfortable with every aspect of yourself.**
2. Look at your amazing abilities, everything you've accomplished so far. If you don't think it's much, get a second opinion.
3. Find your pre-speaking ritual. It could be a certain piece of music, a drink (NOT booze) or standing in a certain way. Or all three.
4. Remember: your audience wants you to do well.
5. Remember also: people don't expect much. Apply yourself fully and you'll probably be setting a higher bar than most speakers.
6. Be authentic and have fun with it! Be 'professional'.

## Physical

1. **Prepare. Good preparation will really improve your talk's chance of success (and also your mental state).**
2. Rehearse! However unpleasant you may find it, this will give the greatest benefit. Even more painful/helpful is to record it and watch it back.
3. Get comfy with the technical set-up. Invest in a good camera, microphone and lighting if you can.
4. Gather everything you might need in terms of cues and materials.
5. Use a timer to keep on-track.
6. If at any point you feel stressed, take a moment. Breathe slowly.

## Content

1. Talk to write.
2. Sketch method for your first draft.
3. Rehearse and iterate.
4. Consider any stories you can use.
5. Use simple cues, not a full script.
6. Keep it simple!