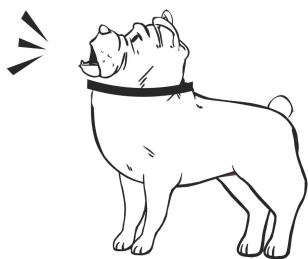


Your on-camera presence matters!

Whether you're interviewing for a new job, giving an online presentation, joining your colleagues for a virtual meeting, or making a video recording of yourself speaking, follow these tips to set yourself up for success.

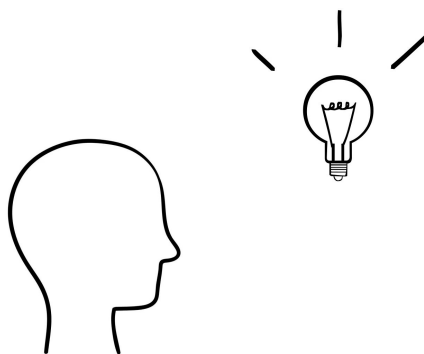
Prepare your space.

- Set your background up to be professional, uncluttered, and not distracting.
- Your work area should be quiet and free from interruptions while you're on camera.



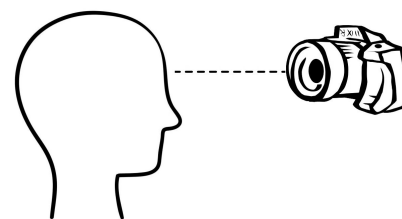
Consider your lighting.

- Your primary light source should be in front of you, slightly above eye level.
- A bright light source behind you may make you hard to see.



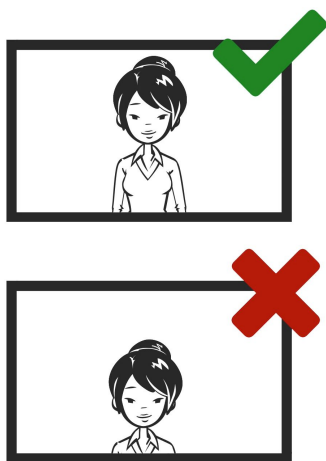
Prepare your camera.

- Use a good quality camera if possible.
- Lighting may help if you don't have a good camera.
- Your camera should be positioned at your eye level.



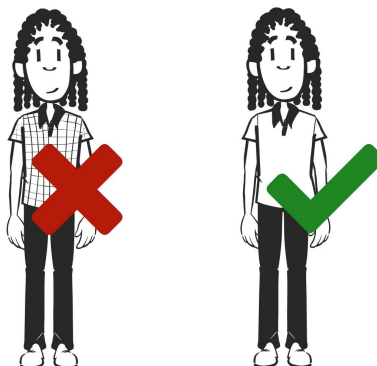
Consider your framing.

- Position yourself in the middle of the frame with a little headroom.



Dress the part.

- Dress appropriately for your topic and audience.
- Solid colors show up better on webcams than busy patterns.



Prepare yourself!

- Be aware of your posture.
- Consider making a test recording so know how you will look and sound and can make changes if needed.
- Be confident. **You'll do great!**

