

# Video Presence

## Online Conferences - Building confidence and authenticity.

### A few things you may want to consider buying to enhance your video conference experience:

- Ring light/ LED light
- Tripod
- Comfortable headset
- Plants (yes - greenery!)

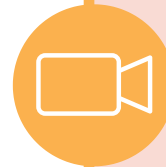
### Nerves recap

- Prepare
- Breath 4,8
- Sense memory
- Take your time
- Mitigate your flight, fight or freeze
- Visualisation
- Smile



### On camera

- Look into camera
- Be at eye level
- Post-it note (if you can't stop checking yourself out)
- Use arms and gestures
- Frame yourself, 1/3 of screen
- Dress as if you're meeting IRL
- Sound, visual, lighting, backdrop
- Pre-record to check your tech, enviro & self



### Postures

- Activation exercise
- Spine extension
- Expansive postures
- Body impacts your thoughts



### Voice warm up

- Yawn
- Hum
- Tongue twisters



"Stan the silk sheet slitter slit six  
silk sheets" or  
"I thought I thought of thinking  
of thanking you"