**Filming Tips**

Camera tips:

* If you’re filming with a camera:
  + Set your camera in a spot where it will not move or shake (preferably a tripod if one if available to you).
  + Make sure you are set in the frame and in focus before recording
* If you’re filming with a phone:
  + Shoot the video with your phone horizontally (this look will mirror the look of a camera).

If possible, place your camera settings to **1080p HD at 30fps**. Most phones have this in the camera settings. On iPhones go: **settings > camera > record video**

General filming tips:

* Try to stay in one location to avoid jarring changes in the background and camera shakiness.
* Try to set up in a setting where the background isn’t distracting to viewers.
* Find a space with good lighting.
* Review any key messages you would like to include before filming (this adds a more personal approach and a layer of confidence to your message).