

Want to use your phone to create professional videos that capture your audience? It's more about your technique than your equipment. Follow the tips below to find out for yourself.

- 1 Wear solid colors, but try to avoid black, white and vivid or bright colors.
- Blot your face with a tissue or apply powder to avoid shine or glare.
- Film in a quiet place.
- Find a clean and neutral background.

 Avoid distracting backgrounds or clutter.
- 5 Film your face towards the light; ideally an open window for natural light.
- 6 Angle the camera at eye level so it's not looking up or down at you.
- 7 Make eye contact with the lens in your phone. Don't look at yourself on the screen.
- 8 Keep your hands steady while holding the phone so you produce a stable picture.
- Most importantly, be yourself and project your energy and focus into your lens. When you have a compelling subject, viewers don't notice the technical imperfections as much.

Best Practices for Framing Your Shot

Too much space above the head, makes the speaker look small and amateur. Fill the frame with the speaker centered, without cropping their head off.

Filming vertically:







Filming horizontally:









