

5 Tips for Video Meetings



1. Camera Placement

In order to avoid the dreaded double chin be sure that the camera on your computer or phone is level with or above your face level. If need be place it on a box or a stack of books and tilt it down toward you.



2. Lighting

In order to avoid looking incredibly sleep deprived have some light pointed directly at your face from behind the camera. You could face a window during the day. Or, place a lamp directly behind your camera. The best option is to get a ring light. You can get one right on Amazon.



3. Sound

In order to not sound like Darth Vader, the best thing is to get a lapel microphone right on Amazon. Many headphones also have a built in microphone as well. But, if those aren't options be sure that you reduce the background noise as much as possible and sit close to the built in microphone. It's also best if the room has very little echo.



4. Background

I cannot be the only one obsessed with people's backgrounds.... You want your background to be nice, but also not too distracting. Sit in front of a nicely styled bookcase or a wall that has some great art. At the very least add a plant in back of you off to the side.



5. Personality

As with any video you want your personality to shine through. Don't freeze up just because you're on camera. Pretend you're just speaking to one of your friends. Don't think of it as being on camera. Think of it just like you're in the meeting or at the presentation.