

# SPEAK WELL ON CAMERA



## Training for the camera

We offer a training session in professional shooting conditions: film studio, camera equipment, sound and lights. Your trainer, an audiovisual professional, will be accompanied by a cameraman. This training course will help you to gain confidence in front of the camera. You will experience the different types of situations you may come across: being interviewed, making a speech, delivering a MOOC or even acting out a fictional story. You will also learn how a film or video is structured and how that can influence your delivery.

## Objectives

Prepare well before the shoot  
Gain confidence in front of the camera  
Understand filming techniques and production

## Training duration

2 days

## Number of participants

Up to 6

## Audience

Company directors, heads of communication, heads of marketing, salespersons, trainers and any other person who may speak on camera

## Educational resources

Theoretical and methodological background, practice on material brought by participants, group exchanges, exercises

## Evaluation procedures

Questionnaire at the beginning and at the end of training (self-evaluation)

## Prerequisites

None

## Program

### Prepare well before the shoot

How to rehearse at home  
Train your voice: speed, diction, silences  
Relax the face and articulate  
Use breathing techniques  
Learn your text and make it your own

### Gain confidence in front of the camera

Playing to the camera  
Smile with sincerity  
Transmit ideas with passion  
Know where to look  
Use a teleprompter

### Understand filming techniques and production

Floor markings  
Framing  
Different types of microphone  
Multi-camera shoots  
Hair, make-up, clothes  
How long a shoot takes  
Main steps in editing