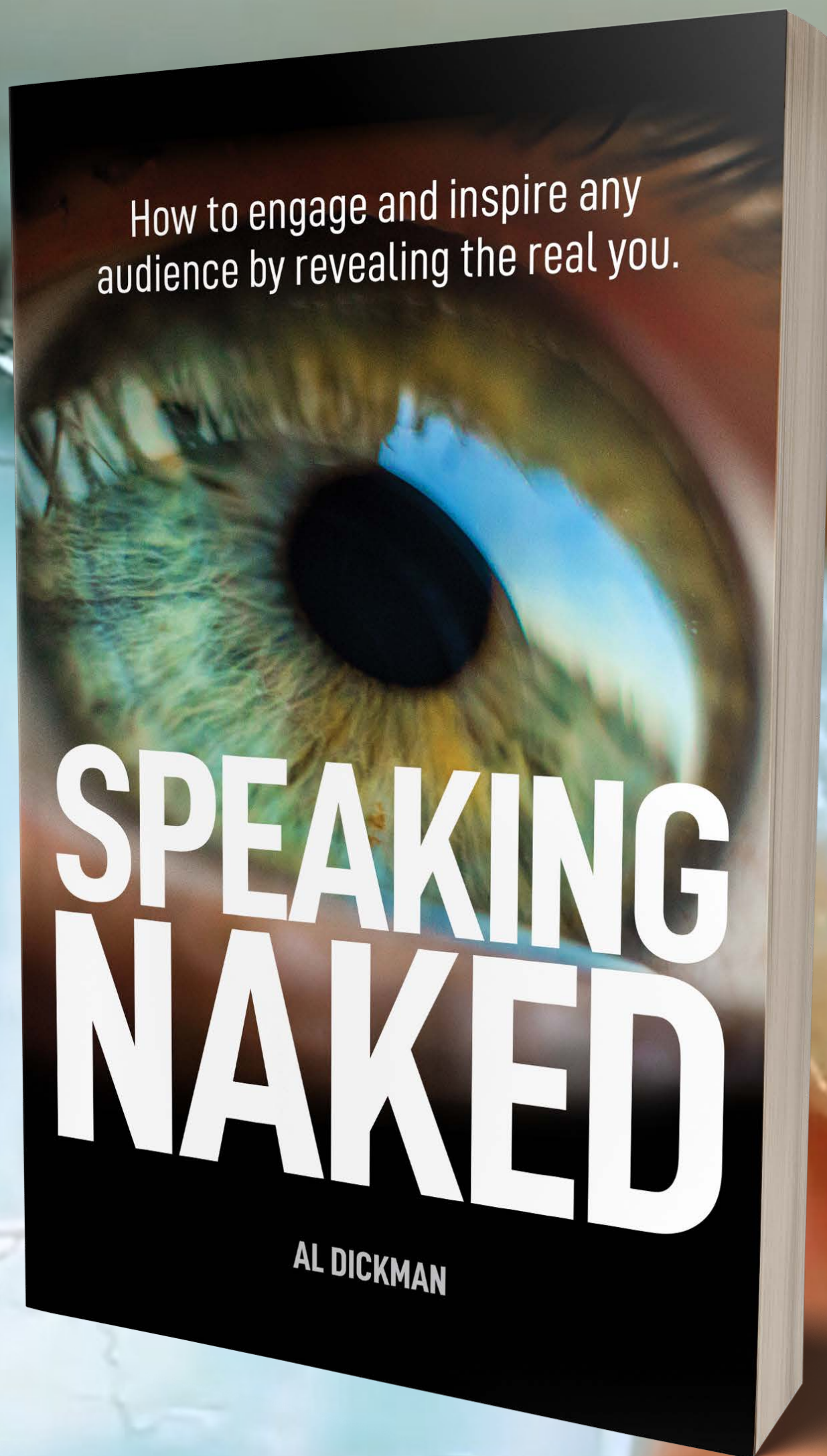


# INSPIRING PRESENTER VIDEO GUIDE



## ABOUT THE VIDEO GUIDE



Many people dread the idea of presenting on video, but it is the fastest way to rapidly improve your presentation skills. To follow the Speaking Naked process and to transform your skills, video is an absolute must.

The purpose of this guide, is to advise you on the equipment you'll need and the set-up I recommend for recording your presentations on video. You don't have to buy fancy equipment, unless of course you intend to post professional looking videos on social media or set up your own YouTube channel.

For our purposes shooting video on your phone is more than good enough, in fact most smart phones shoot in high definition. However playback of the video is best done on a laptop or through your TV. What I do recommend is a tripod and a video light, which you will find on Amazon or your nearest camera store.

The tripod is important because it keeps the camera still and in the same position for each 'take'. As for lighting, you could use natural light from a window but investing in a dedicated video light makes sense if you are serious about becoming an inspiring presenter. Ring lights have become very popular with so called 'influencers', they deliver a beautiful soft light that is extremely flattering. The only downside is the peculiar circle reflection in the eyes.

The point of all this is not to make you look gorgeous, but to give you high quality video that will help you dramatically improve your presentation skills. Keep all of your video presentations because you will have evidence of your transformation!

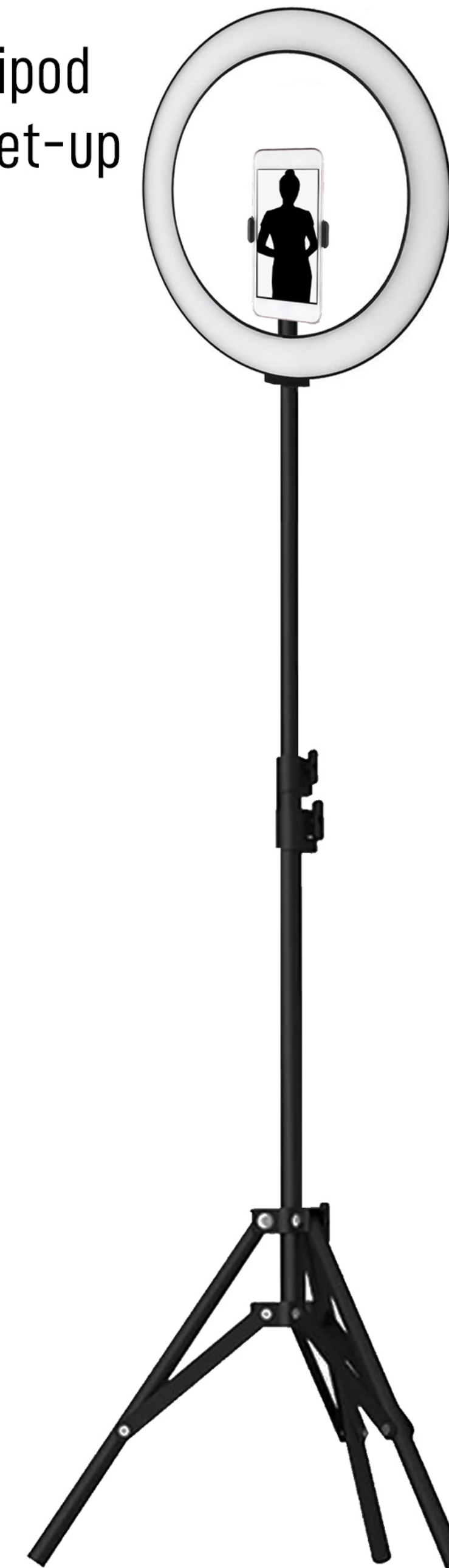
Here's to your success.

Background should be uncluttered, a plain wall is best



Presenter should always stand to present to camera

Smart phone, tripod and ring-light set-up





Ring lights have become very popular with so called 'influencers', they deliver a beautiful soft light that is extremely flattering. The only downside is the peculiar circle reflection in the eyes.



Kogan 19" LED Ring  
Light Creators Kit

**NZ\$125.00**

Dick Smith NZ  
Free shipping



Adafruit Industries  
LLC 4433 LED Ring

**NZ\$40.10**

Digi-Key New Zeal...



Tech.Inc 2-in-1  
Selfie Ring Light

**NZ\$19.95**

The Warehouse



1pc 10 Inch Ring  
Fill Light & Stand &

**NZ\$25.95**

SHEIN



Adafruit Industries  
LLC 5138 LED Ring

**NZ\$18.99**

Digi-Key New Zeal...



Kogan: 19" LED  
Ring Light

**NZ\$179.00**

MightyApe.co.nz



Elgato Ring Light

**NZ\$349.00**

MightyApe.co.nz  
★★★★★ (199)



LED Selfie Ring  
Light - Black

**NZ\$23.00** NZ\$29

MightyApe.co.nz



HQ 10" RGB Ring  
Light

**NZ\$65.00**

Mobie New Zealand  
Free shipping



10 Inch LED Ring  
Light Selfie Ring

**NZ\$49.88**

Dick Smith NZ

### Related searches



ring light **effect**



photography ring light



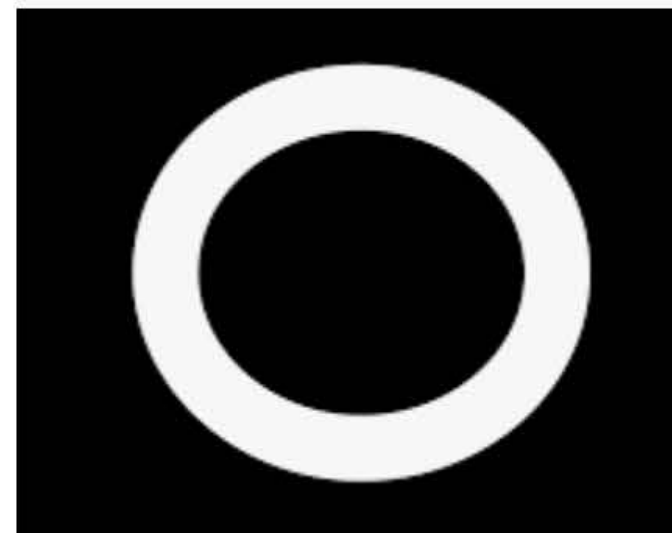
ring light **png**



Ring Lights: Selfie Light W...  
noelleeming.co.nz



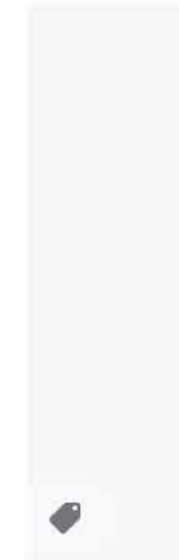
Best Ring Light 2022 - IGN  
ign.com



Perfect Illumination with a Ring Ligh...  
learninginhand.com



Fun Generation Ring Light...  
thomann.de · In stock



Standing...  
therange.co

You don't have to spend big to look great on camera. I highly recommend a tripod and a ring light, which you will find on Amazon or your nearest camera store.



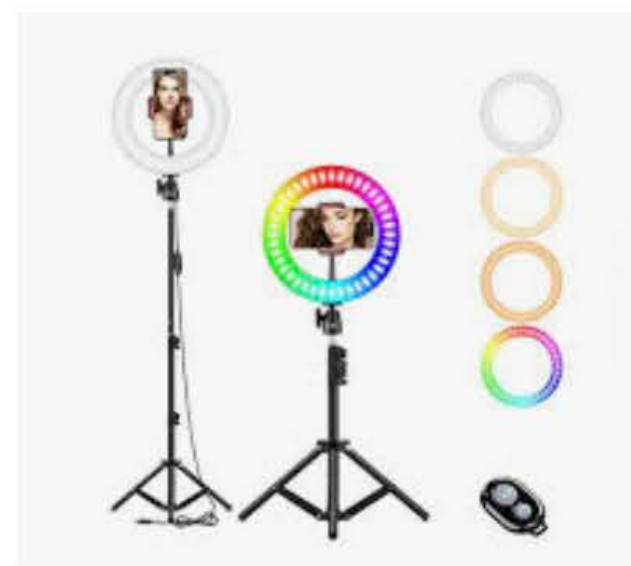
1,761 Ring Light Stock ...  
istockphoto.com



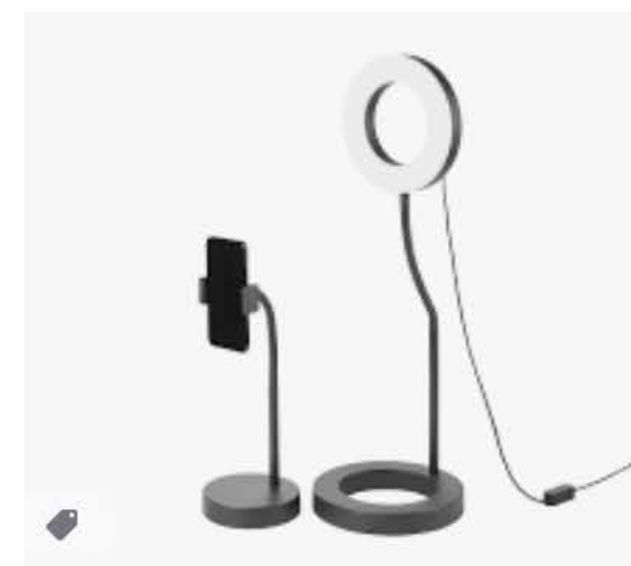
GIM 19" inch adjustable 48...  
the-gadgeteer.com



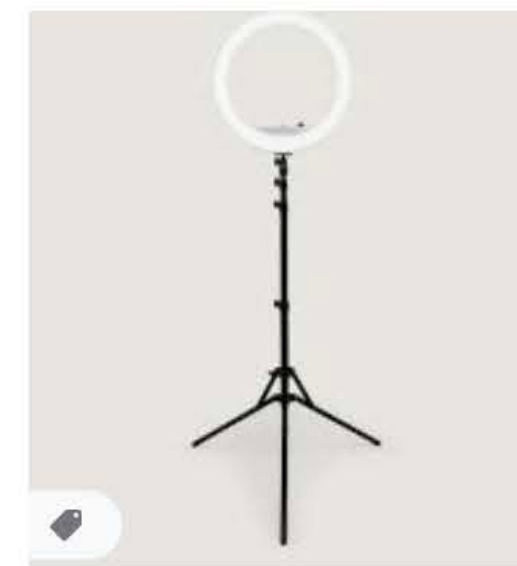
Techxtras 10" RGB Ring Light ...  
bigw.com.au · In stock



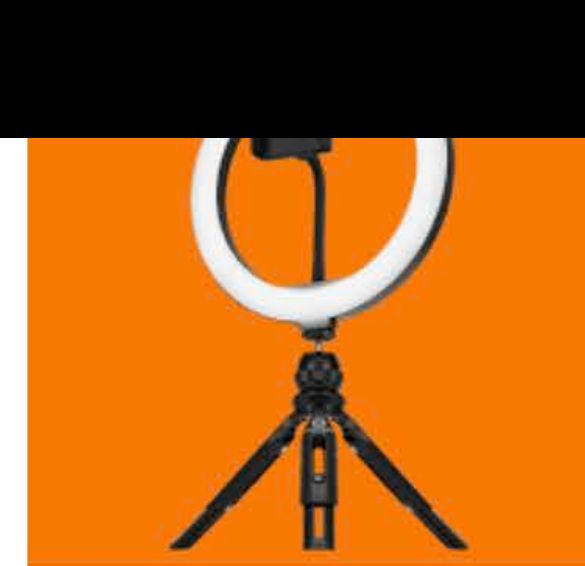
13 Best Ring Lights in 2022 for Ti...  
teenvogue.com



Ring light with phone holder - IKEA  
ikea.com · In stock



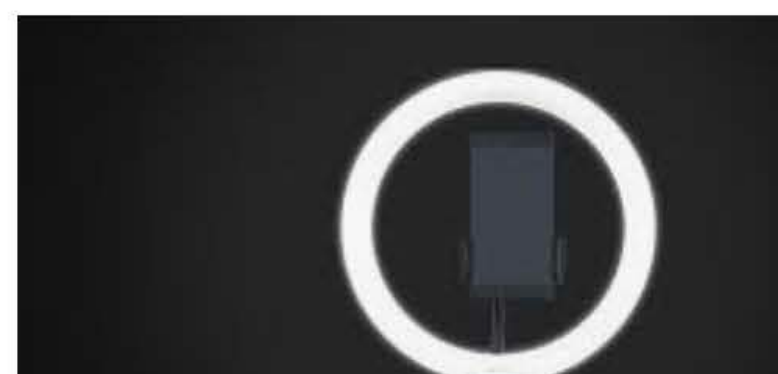
Portable & Wireless LED Ri...  
lumecube.com · In stock



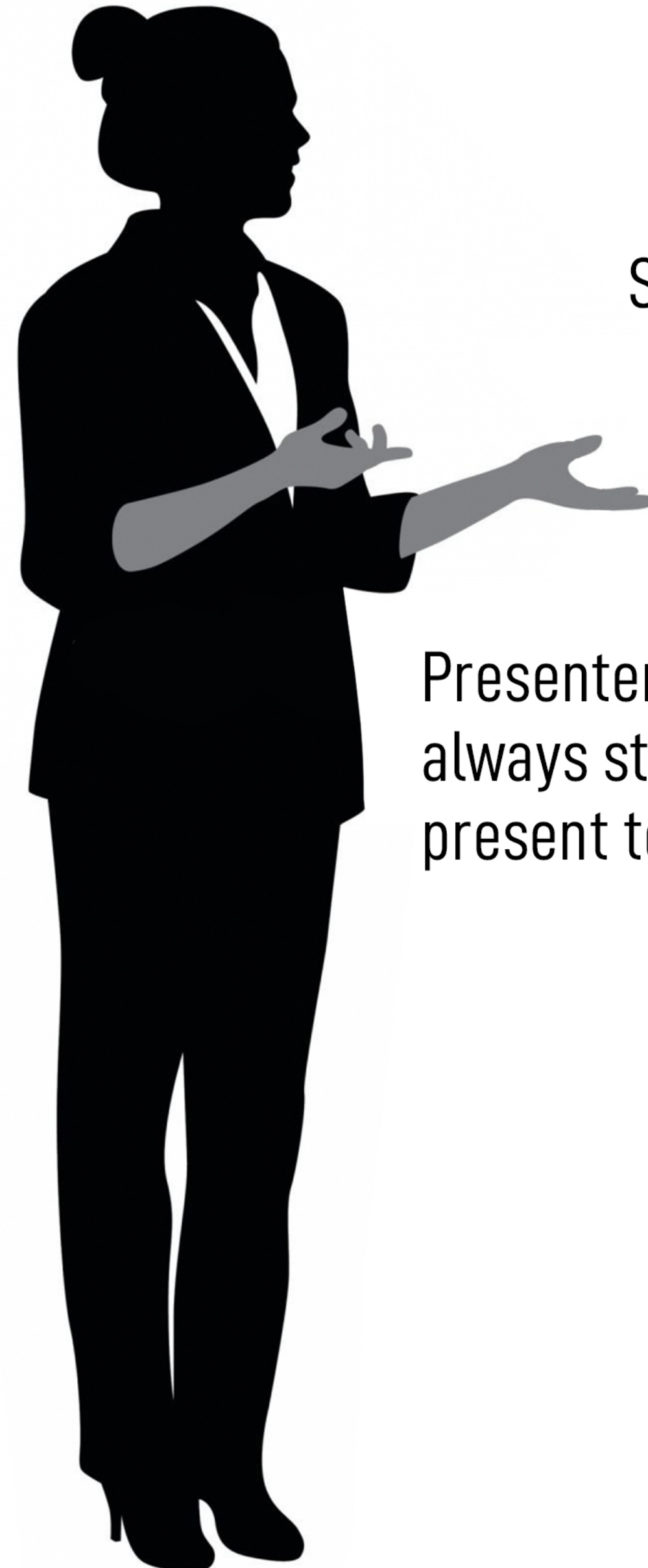
Ring Light - Simplify | Amplify  
streamplify.com



15 Best Ring Lights to Shop in 2022 ...  
harpersbazaar.com

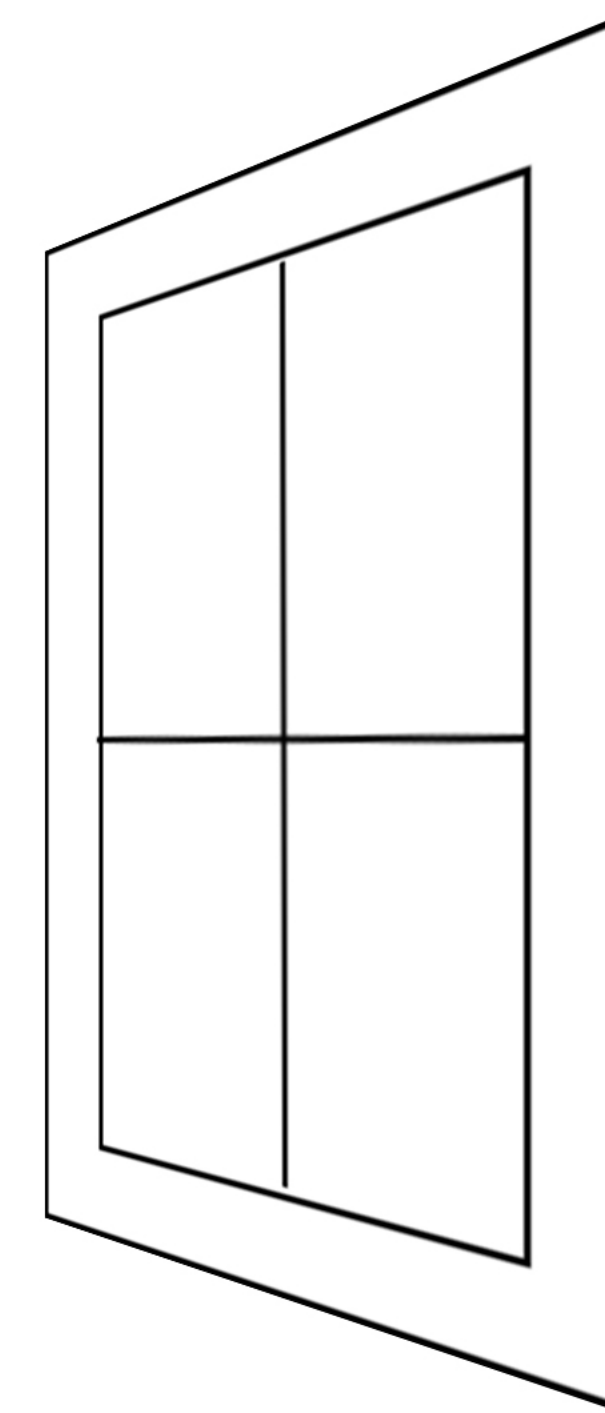
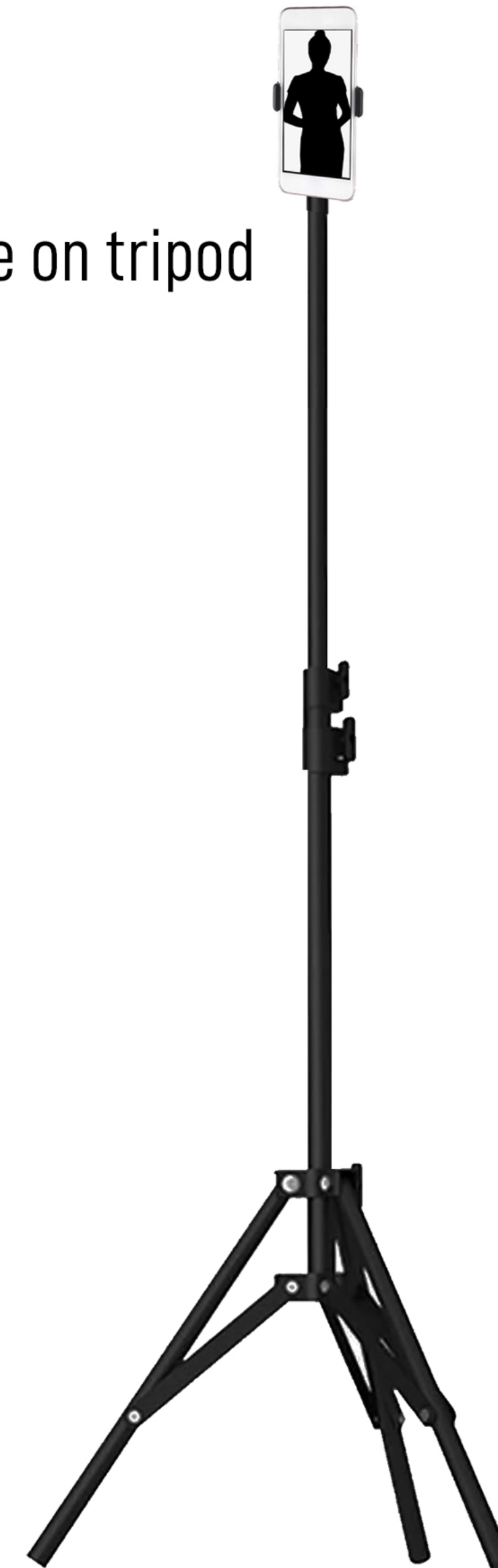


Background should be uncluttered, a plain wall is best



Presenter should always stand to present to camera

Smart phone on tripod



Natural daylight from a window can be used for a soft flattering light

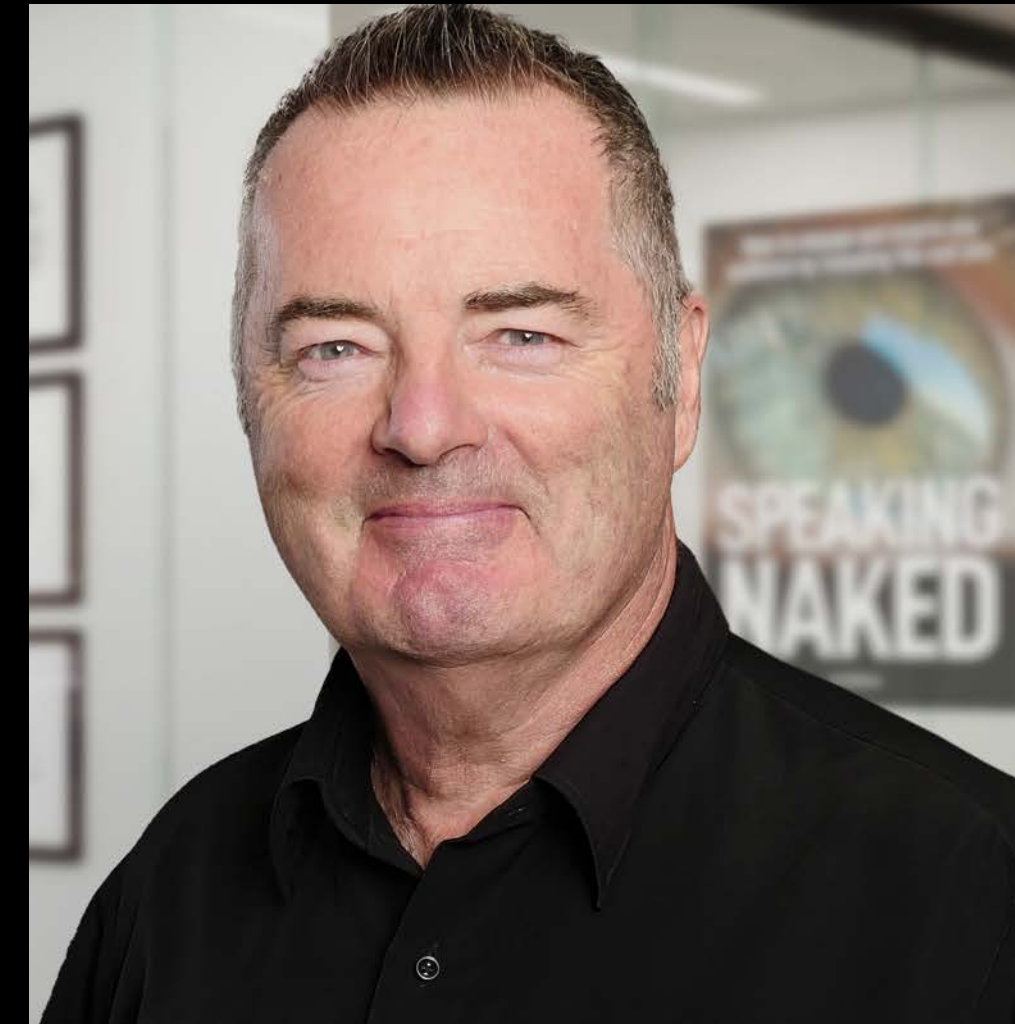
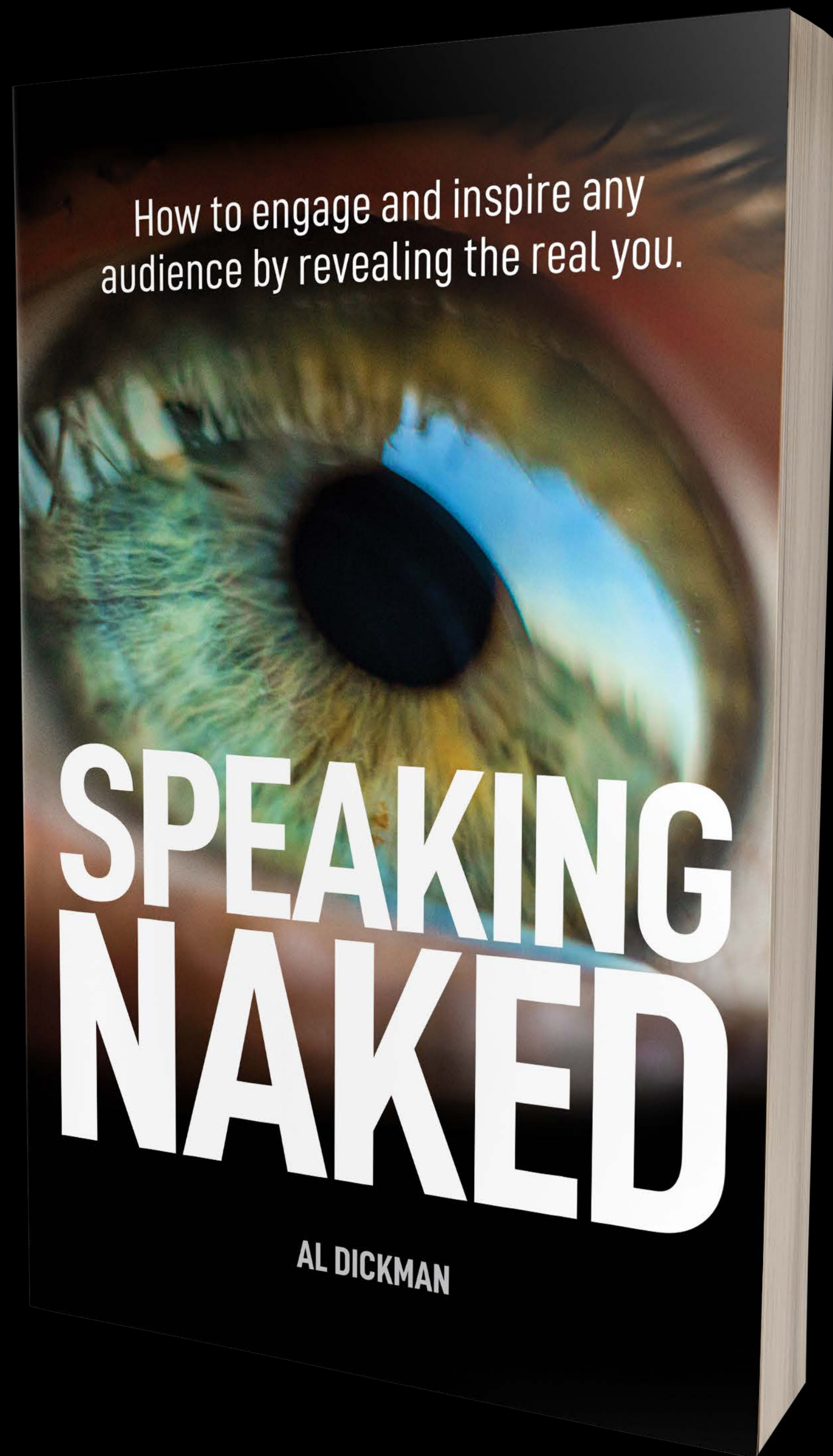


Best to shoot your video in  
LANDSCAPE MODE that way  
you'll have the freedom to  
move while presenting AND  
see your hand gestures.



When you review your videos, try not to obsess over the things you dislike about yourself. Instead focus on your presentation and use the Presentation Assessment form to judge your performance. Also it's a good idea to watch in private!





## AL DICKMAN

I am best described as a Persuasion & Influence Specialist. Apart from a lifelong obsession with persuasion, what about my credentials?

I spent most of my career as a professional liar in advertising, and as an award winning Creative Director. Later qualified as a Master Practitioner Hypnotherapist. Today my focus is on teaching people how to sell more effectively. This means ditching old fashioned manipulative techniques, in favour of being authentic and building trust.

[www.schoolofinspiredcommunication.com](http://www.schoolofinspiredcommunication.com)