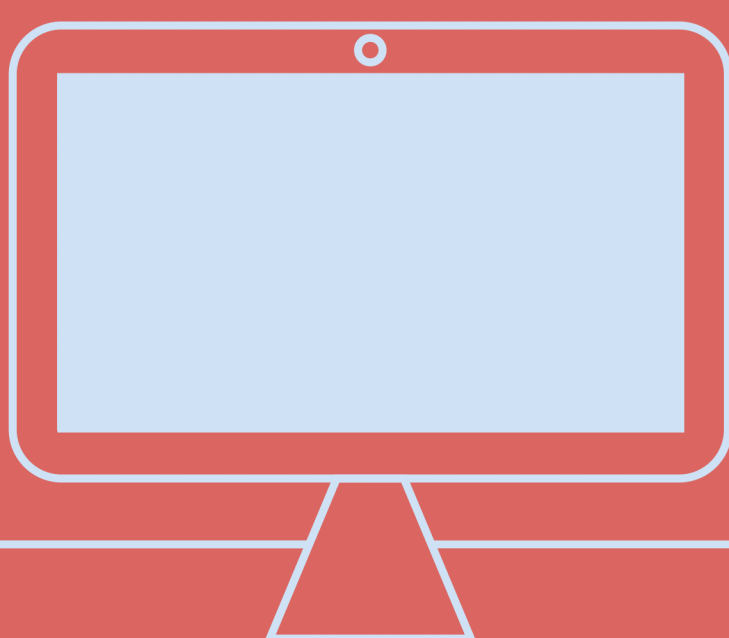


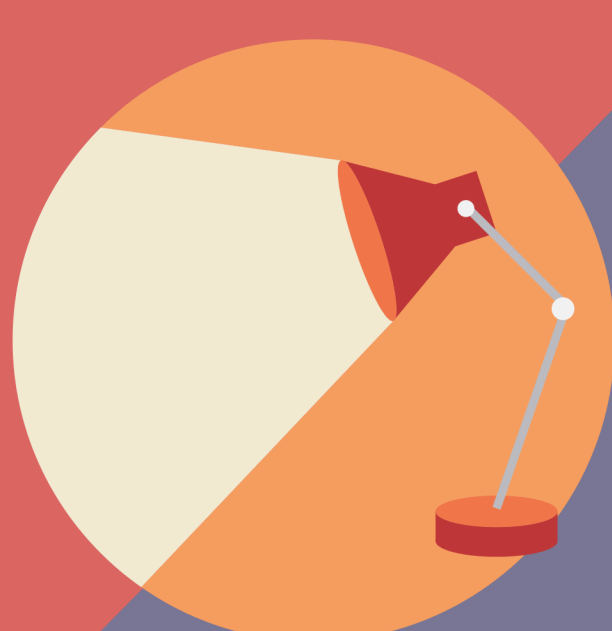
# How to look good on a webcam

No one becomes great without practice. The team at Rehearsal VRP wants you to look and sound the very best when recording your pitch, presentation, or training session. Keep in mind these practical webcam tips, and you will be one step closer to success.



## Center yourself

Put your webcam at eye level and center yourself on the screen. Position the webcam slightly above eye level so that your chin is up.



## Use good lighting

Avoid having a light source behind you, which can cast a shadow on your face. Instead, have the light facing you. This makes you look brighter and better, just like on TV.



## Zoom in

Your audience wants to see you at the front and center of the screen. Remove distractions like paperwork, pictures, or kitchen pantries from the camera's eye.



## Dress your upper half

Just as if you were meeting with others in person, make sure your wardrobe is professional.



## Look at the webcam, not the screen

It seems odd, but the idea is to give the virtual audience your direct eye contact.



## Turn off unnecessary computer programs

Shut off programs that are downloading files or taking up computer memory. Also close programs that pop up notifications and sounds to avoid distractions.



## Use a quiet space

Record in a quiet space for the best possible sound quality.



## Improve your connection speed

If possible, use an Ethernet connection instead of Wi-Fi to avoid any latency issues.



## Check your sound

It's a good idea to check that your microphone is working properly, and that the volume levels are appropriate. Use an external microphone if you need higher quality recording sound.



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