



The Visual Impact

Make your end of Step 2 Playlist review notes in your book or workbook here...

Success Review A&E

My Playlist Learnings for a Confident on Camera Me!

The key learnings in this chapter have been all about Step 3: Your Body and your nerves and how you can help yourself create a negative or a positive Visual Impact PoV – which would you prefer?

I want to leave you with some thinking here, to review your A&E notes to get that brilliant brain of yours noticing what can and will make a difference to your visual Confidence on Camera.

Ask yourself:

1. What are my habits with my body?
2. Does my body work for or against me?
3. How can I use all of my body to best effect when I present?
4. Am I habit aware? Do my body, hands, arms, face distract my audience?
5. How can I stand and sit to feel most confident and suit my video style?
6. What can I do to prepare?
7. How can I breathe for a confidence boost?

My Notes for me – I Can...



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.