



## The Visual Impact - BONUS

### 7 Actor Stages to Empower my Visual Impact

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

Online

My Playlist for a Confident on Camera Me!

#### My Learning Stage Notes:



- 1. Frame** – your shot + mind to look your best!  
Pick your happy frame and SMILE!
- 2. Negate nerves** - focus adrenalin into connecting to benefit the viewer.  
You're helping them!
- 3. Release my energy** - Know your nervous habits, re-energise and let them go!
- 4. 7 Habits** – what works for you?  
Use "Eye contact" = connect. Smile, laugh, breathe...
- 5. Use OBE** – feet, knees, hips, spine, shoulders, arms, hands, head, neck, face.  
BREATHE...
- 6. Warm up** – tense + release muscles, stretch, shake, jump HUH,  
bum squeeze - BREATHE!
- 7. Breathe** - learn to M<sup>3</sup> Breathe into your bum  
– focus your mind, laugh, boost confidence.

**Be #FLAWSOME - Stuff up with confidence & get over it!**

*And if you're wondering about the Visual Impact of DIY setting the scene – where and how to film, basic lighting and sound tips, equipment, what to wear, how to look good etc. – flip to the end of the book and you'll find all that non-presenting related Visual Impact in Step 7: Confidence in Planning, Production and Promotion on page 189.*



MY NOTES...

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