



BEST ANGLES

The most flattering angles will be either with the camera at the same level as your eyes, or slightly above.



SOUND

Pick a space that's quiet, relatively free of ambient noise. The built-in microphone should work well. If you have issues with sound quality, using headphones with a microphone helps.



DISTANCE & ENVIRONMENT

You want to be close enough to the camera that we see your face clearly, but not so close that you fill the screen entirely, with your head & neck cut off. It's nice to see where you are instead of a plain white wall. Tidy up if needed.



LIGHTING (INSIDE)

The ideal light is natural and soft. Position yourself in front of a window, but not too close. If the lighting is harsh, step back or draw curtains. If using a lamp, place it more or less in front of you. Avoid top lighting as it creates unflattering under-eye shadows. Do not stand in front of a window as you may come across as a silhouette (backlit).



EYE GLASSES

Watch for unpleasant reflections in your glasses, especially if you are in front of a computer screen in a more darkly lit room.