

Best Practices for Filming Yourself Using a Smartphone

Position your camera at eye level and record in vertical mode.



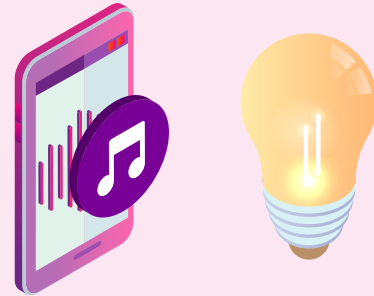
Make sure you are **NOT** looking down or up on your camera.

Make sure you fit in the frame and check your headroom.



We suggest you **film yourself from below the chest line** and up. Make sure **nothing is outside the frame** like your shoulders or your head.

Lighting and sound are very important, so find the perfect spot.



Pick a **quiet location with plenty of natural light** or in a well-lit room.

Do not stand against where the light is coming from.

Avoid spots where there's an echo or too much **background noise**.

Speak close to the smartphone so it can capture your voice loud and clear.

Choose a **non-distracting background**.

Useful suggestions:

1

After you press "RECORD," let it run for **five seconds** by just looking at the camera first before starting. Let it run again for five seconds in the end before you move and end the recording.

2

We suggest wearing **dark-colored clothes against white walls**, and vice versa.

3

Use a **tripod**, or have someone hold the smartphone in a steady manner.

4

Choose a **WOW category** (Work, Community, or Rising Star) and **share why the nominee deserves to win this award**.

Feel free to write a script first before recording.

5

If you need talking points, **we recommend using a teleprompter**. There are plenty of apps available that can help with this.

6

Do a few **practice videos to get comfortable**, and make sure to **speak clearly** at a moderate speed.

