



# Increase Your Confidence On Camera

## Lesson 3: Video Transcript

And we're back once again talking about how you can increase your confidence on camera. And today we're going to really get into the meat and potatoes of actually building that confidence level on camera.

So make sure you watch every second, because I've got some really great nuggets for you. My name is Karin Angelly, from KarinAngelly.com, and today I really want to talk about increasing that confidence muscle on camera. Okay.

I think that there, there's a lot to be said, for having having the strength to continue to build your confidence muscle, okay, just like when we go to the gym, when we first start going to the gym, if we haven't been for a while, we're going to be pretty weak, right?

We're probably not going to feel very good. When we're actually lifting weights. Or if we're running, we're probably not going to be able to go very far.

Same thing when we're building on video as well. Okay, so I've got really great tips to help you build that confidence muscle on camera. Okay.

So first thing I want to do if you're if you're like scared to death to start going live, maybe you're maybe you're thinking to yourself, I want to go live on Facebook, or Instagram or YouTube, or wherever, LinkedIn doesn't matter. Maybe you're thinking to yourself, I want to do this, my, my, I know that this is going to help me.

This is going to help build my business. But I'm scared to death. So how I want you to start instead of instead of jumping, both and just going for it, because a lot of times people will talk themselves out if they're if they think they have to do it all at once. That can sometimes be overwhelming.

So we're going to stair step our way into building our confidence on camera. Okay, so what I want you to do is, all I want you to do is, I want you to open up your camera on your phone, and I want you to record a one minute video, you can talk about whatever the heck you want to talk about, okay?





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But it's got to be one minute of you talking about something, maybe you're introducing yourself, you're talking about your dog or you're you're teaching something for one minute, okay, one minute, I want you to record yourself. And then once you've recorded that one minute video, you must upload it to a social media platform. Okay?

Choose whatever social media platform that you want, but you need to go ahead and upload that. Make sure you do it. Okay. Have the end in mind, okay? You know that you're going to record this one minute video, and you're going to post it, okay?

So regardless of what comes out of your mouth, you know that this is going to happen. Okay? Once you've done one minute videos, and you feel pretty good about this, maybe you want to start stair stepping up to three to four minute videos. Okay? Where are you start teaching about something about a little bit more. Okay.

This is exactly how I started on video. Okay, when I first started on video, I actually did about three or four minute video segments because I wanted to I wanted to show myself that I could do it. Okay, so and I started on video, because with video, I knew that I'm not in front of anybody. And I can actually start to build my confidence in front of that camera. Okay.

So once I've done one to two minute segments, then I'm going to start doing three to four minute segments and then six to eight minute segments. And I'm going to start to continue to stair step my way up. Once I've been doing this consistently, because consistency, consistency is super important for this kind of thing. Once you've been doing this consistently, now, you can ask yourself, hmm, I've been doing this for maybe two weeks, three weeks, and I'm feeling a little bit more confident.

Maybe now's the time to do one to two minute segments where you actually tap that live button where you actually go live to the world. And whatever comes out of your mouth is exactly what's gonna go up. Okay.

And let me tell you something right no. Do not delete whatever goes up. Okay, that's gonna be really hard when you first start, but remember, we're building our confidence muscle just like when we go to the gym.





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We are doing things repetitively, because over time we are going to start to build our muscle. It's the same thing here.

So once we've been consistently doing one to two minute live videos, then we can start to stair step and go, I'm gonna start doing three to four minute live videos.

And then before you know it, you've stair stepped yourself all the way up to 10 minute live videos, and you are you are just confidently connecting with your audience. You're confidently building up your confidence muscle, okay.

Like this is really exciting because when I first started doing this, I started to realize that I can do this, that, that video is not so scary. Okay. But I will say to you right now, that if you're not practicing this consistently, you may start to find yourself going a little bit backwards, and that's okay.

Just like when we go to the gym sometimes maybe we skip for a week or two and we realize that we've slid back a little bit. That just means we have to get back into the gym, and we have to start doing our workouts again right and then we can start to get back on track, it's the exact same thing. Okay.

After some time of doing this consistently, you're going to see the progress that you've made. You're going to see that you, you feel so much better when you hit that like button or when you're just talking on camera in general, you're just gonna feel so much better about what you're doing. Okay.

So, listen, practice practice practice practice practice practice practice practice practice. Okay. just practice because practice is ultimately what's going to help you to feel more comfortable.

Okay, just like maybe a doctor, a doctor that starts, learning how to do something when they're in medical school, isn't going to be completely proficient at it right, it's gonna take them some time of practicing practicing practicing practicing. Okay. But after years of doing that particular thing over and over again, they have such a skill set that now they can go out and do that thing in their sleep.





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This is exactly what can happen for you on camera. Okay, you can actually start to build that confidence muscle so much that you start to feel good about what it is that you're sharing on your video and you start to come across as the real you. You start to connect even more with the people on the other side of the camera.

Okay, so make sure that you're constantly practicing what you're doing okay because the more you practice, the better you get. Just like with anything out there, you're not going to be perfect at whatever it is that you start doing, but the more you do it, the better you get. Ultimately, all right.

I really hope this was helpful because this is a, this was a big nugget for you today. Okay, this was huge. And I want you to start getting out there and start this is your homework today, get out there and start doing those one to two minute videos if you're not confident on camera yet. Start doing those one to two minute videos and make sure you post it. Okay.

Make sure that you're actually posting those things, but if you've already been doing those videos and you're like, I think I can get to those, those lives now. Start doing those live those one to two minute live videos and make sure you don't delete it. Okay, keep it up there.

Make sure that that content stays out there this is how we build our confidence muscle. All right, make sure you stick around with me for our next training, because this last one, whenever, whenever I had a mentor shared this with me, it completely changed how I connected with my audience over night. Okay, so make sure you stick around with me for the next one I'll see you over there.

