

Here are some helpful guides for being on camera:

Dressing for the camera:

<https://wistia.com/learn/production/wearing-color-camera>

The science behind being on camera:

<https://wistia.com/learn/production/science-behind-being-on-camera>

Bringing the right energy:

<https://wistia.com/learn/production/bringing-energy-to-videos>

Why we get stage fright:

<https://wistia.com/learn/production/stage-fright-on-camera>