

# WORKBOOK



*Captivate on Camera!*

**ONLINE COURSE**

Connect and Captivate

[oncamera.teachable.com](http://oncamera.teachable.com)



# WELCOME

## HI, I'M PAMELA

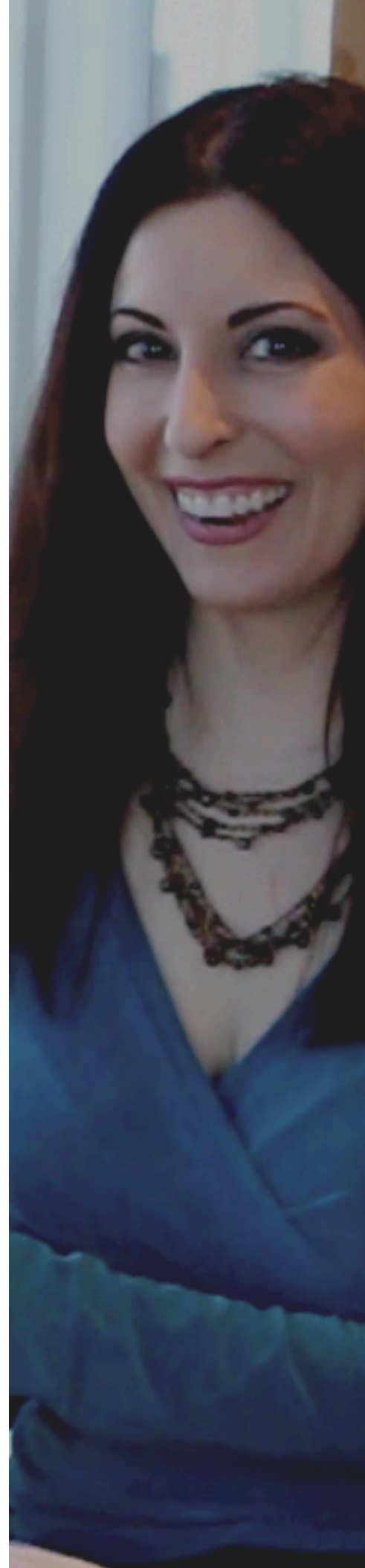
I am the Founder at Connect and Captivate, a professional communications firm with a focus on live speaking and on-camera delivery. I'm also an actress in Atlanta, GA with agency representation, a content creator, and dog mom! I have more than ten years of intensive acting training in Meisner technique, Practical Aesthetics, and other neuroscience-based techniques. My instruction has encompassed on-camera training as well as training for the stage. I have appeared in over twenty-five stage and film productions and between 2020-2022 was a primary member of CONVOY, an Atlanta-based improv team. You might say I was born for this!

The exercises I have developed from my years of training are guaranteed to help you break out of any awkwardness or insecurities you have about being on camera. I will teach you how to be relaxed, authentic, and even have fun on camera! I'm excited you have chosen my course to help you get there, and this workbook will be an invaluable tool on your journey. Let's get started!

*Captivate on Camera!*

# WORKBOOK OUTLINE

- 1 WEEK ONE**  
We begin with a welcome message, go over the scope of the course, then jump right into actionable exercises to get you set up for success! Use the daily pages to jot notes, questions, and track progress each lesson.
- 2 WEEK TWO**  
Week two continues the practical, actionable exercises, and ends with an introduction to my mindset lessons. Don't forget to use your daily pages for notes, feedback and questions!
- 3 WEEK THREE**  
In week 3 we shift gears to focus solely on the mindset paradigms that are guaranteed to help your authentic self shine on camera! Keep up with daily pages to track how far you've come!
- 4 WEEK FOUR**  
The grand finale is a wonderful bonus lesson from a professional actor who brings it all together nicely. We say so long but not goodbye! I want to hear how you're feeling so use the contact info I give you at the end! Congrats!



# *captivate on camera*

# WEEK 1 PLANNER

## LESSON

## TIME

## COMPLETE

### DAY 1

- Welcome video, Intro videos
- What this course covers
- [Go to Day 1 Notes page](#)

10:18 min

### DAY 2

- Relaxation techniques
- [Go to Day 2 Notes page](#)

16:14 min

### DAY 3

- Enunciation exercises
- [Go to Day 3 Notes page](#)

3:54 min

### DAY 4

- Desensitization exercise
- [Go to Day 4 Notes page](#)

9:27 min

### DAY 5

- Emotional Anchoring Technique a.k.a. "Go Big, Then Go Home!"
- [Go to Day 5 Notes page](#)

12:29 min



DAY ONE: WELCOME

# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 1: Welcome, Intro, and Scope:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 1? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

## CONNECT

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## DAY TWO: RELAXATION

# DAILY TOPIC & NOTES

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**DAY 2: Relaxation Techniques:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 2? What do I need to work on more?** Use this space to capture follow-ups and successes!

### CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
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## DAY THREE: ENUNCIATION

# DAILY TOPIC & NOTES

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**DAY 3: Enunciation Exercises:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 3? What do I need to work on more?** Use this space to capture follow-ups and successes!

### CHECKLIST

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## DAY FOUR: DESENSITIZATION

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**DAY 4: Desensitization Exercise:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 4? What do I need to work on more?** Use this space to capture follow-ups and successes!

### CHECKLIST

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- PRACTICE:** I practiced the exercises at least 1x
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DAY FIVE: GO BIG, THEN GO HOME!

# DAILY TOPIC & NOTES

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**DAY 5: Emotional Anchoring Exercise:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 5? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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## WEEK 2 PLANNER

**LESSON**

**TIME**

**COMPLETE**

**DAY 6**

- Stark Trekking: connect through the camera
- [Go to Day 6 Notes page](#)

9:50 min

**DAY 7**

- Voice and eye contact exercises
- [Go to Day 7 Notes page](#)

9:44 min

**DAY 8**

- Project Your Voice
- [Go to Day 8 Notes page](#)

17:15 min

**DAY 9**

- Perception is Everything
- [Go to Day 9 Notes page](#)

2:53 min

**DAY 10**

- The Oxymoron of Being on Camera
- [Go to Day 10 Notes page](#)

3:17 min

DAY SIX: STAR TREKKING

# DAILY TOPIC & NOTES

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**DAY 6: Star Trekking--connect through the camera:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 6? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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DAY SEVEN: VOICE & EYE CONTACT

# DAILY TOPIC & NOTES

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**DAY 7: Voice and eye contact exercises:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 7? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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## DAY EIGHT: PROJECT YOUR VOICE

# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 8: Project Your Voice:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 8? What do I need to work on more?** Use this space to capture follow-ups and successes!

### CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 9: Perception is Everything:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 9? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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# DAILY TOPIC & NOTES

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**DAY 10: The Oxymoron of Being On Camera:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 10? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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# WEEK 3 PLANNER

**LESSON**

**TIME**

**COMPLETE**

**DAY 11**

- The Message is the Thing
- [Go to Day 11 Notes page](#)

2:11 min

**DAY 12**

- Make it Personal
- [Go to Day 12 Notes page](#)

8:26 min

**DAY 13**

- Some People Won't Like You, and That's OK!
- [Go to Day 13 Notes page](#)

2:02 min

**DAY 14**

- Attention Grabbers, Unite!
- [Go to Day 14 Notes page](#)

1:51 min

**DAY 15**

- Your Video Needs an Arc
- [Go to Day 15 Notes page](#)

2:45 min



# DAILY TOPIC & NOTES

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**DAY 11: The Message is the Thing:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 11? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

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DAY TWELVE: MAKE IT PERSONAL

# DAILY TOPIC & NOTES

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**DAY 12: Make it Personal:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 12? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

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- PRACTICE:** I practiced the exercises at least 1x
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# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 13: Some People Won't Like You, and That's OK!** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 13? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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DAY FOURTEEN: ATTENTION GRABBERS UNITE!

# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 14: Attention Grabbers, Unite!:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 14? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
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# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 15: Your Video Needs an Arc:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 15? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
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# WEEK 4 PLANNER

## LESSON

## TIME

## COMPLETE

**DAY 16**

- Bonus Lesson from Marston Studios
- [Go to Day 16 Notes page](#)

7:19 min

**DAY 17**

- Wrap-up and Thank You
- [Go to Day 17 Notes page](#)

1:00 min

**DAY 18**

- Pat yourself on the back! You did it!

2:00 min

**DAY 19**

- Join the Community!
- <https://www.facebook.com/groups/connectandcaptivate>

1:00 min

**DAY 20**

- Send me Your Feedback
- [hello@pameladeritis.com](mailto:hello@pameladeritis.com)

1:00 min

# DAILY TOPIC & NOTES

Use the Daily Pages to capture notes, thoughts, and to-do's related to each day's lessons. Share your questions and goals with me or on social media using #captivateoncamera

**DAY 16: Bonus Lesson with JP Marston of Marston Studios:** here you can capture insight, guidance, questions or inspiration

**What did I find helpful about Day 16? What do I need to work on more?** Use this space to capture follow-ups and successes!

## CHECKLIST

- LESSON:** I completed today's lesson
- PRACTICE:** I practiced the exercises at least 1x
- WRITE:** I wrote down any lesson notes or thoughts

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# THANK YOU

## LET'S STAY IN TOUCH!

Thank you so much for taking the first step in your video content creation journey! I am happy I could help you find your bearings on camera and become comfortable being in front of the lens to get your message out to the world!

Don't forget to send me your feedback! Leave comments on Teachable or drop me an email at [hello@pameladeritis.com](mailto:hello@pameladeritis.com).

I would love to see your progress on camera, so don't be shy--send me your "before and after" videos from the exercises in this course. I'll be happy to take a look and let you know what I think!

*Pamela DeRitis*





**“YOU ARE  
ENOUGH.  
LET YOUR  
LIGHT  
SHINE!”**

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