

# Authentic Confidence and Charisma for Talking Head Video

## Introduction & "Before Video" Action Challenge

### Welcome

I know I have said it before, but I am grateful that you are here. I believe you are giving yourself the gift of going beyond just stumbling through creating videos, and instead, learning how to achieve excellence and let your full, authentic presence shine on camera. I know that will have a positive impact on all of your projects and that you will find it a useful skill for years to come. So good for you for choosing to be here, and please let me know if there is something I can help your journey to be a more rewarding one.

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### The Idea

We are going to give you plenty of practical tools and detailed insight during this class about how to reduce nerves, enhance charisma and make it easier and more fun to shine on camera authentically.

But, before we do, we need to know our starting point.

By creating a quick "before" video, you will be able to mark where you are at today, at the beginning of your journey to level-up your on-camera presence. It will also allow you to have a video clip you can refer to as we go through the class. This "before video" will be a handy tool you can use to literally "see what you are doing" as we explore different vocal, physical and content organization habits that reduce or enhance charisma. It will also make a great comparison for you when at the end of the class you complete your graduation video or "After Video."

### The Action

Make a 1-2 minute, for your eyes only describing why you are taking this course and what you hope to get out of it.

Please don't take any longer than 5-10 minutes to complete this challenge. This video is NOT about your wardrobe, or your lighting or your makeup, or your script or your technology. It is simply a chance to mark what you are like when you look into the camera lens and just talk.

If you don't know what to talk *about*, consider why you are starting to create more videos, what you hope video will do for your brand or business, and why you want to take a course to increase your confidence and charisma on camera. Then, just share your thoughts on the video. Remember, no one else needs to see this video unless you choose to share. So have fun and just say what is in your heart.