



Presents



Your Guide to:  
**Friends with the Lens**

# 3 Levels to Friendship

## 1. Comfortable

*Learn how to relax on camera.*



### **Friend**

View your camera as a person.



### **Time**

Spend some quality time with the lens.



### **Listen**

Listen to the lens by watching yourself back.

## 2. Confident

*Showing Your Personality!*



### **You**

Share Your First, Fears, Frustration and Failures.



### **Don't Think**

Instead of thinking just flow with what feels natural to you.



### **Embrace Mistakes**

Accept that you will not be perfect, but you will be real!

## 3. Creative

*Stand out on Camera!*



### **Props**

Use physical visuals to support your points.



### **Imagine**

Make Your camera represent a person or object.



### **Virtual Stage**

Move left, right, forwards, and back to create different feelings.