



## Interact Academy – “Confidence on Camera” training

**26-27 September 2024**

Barcelona | Spain

### Day One

**Thursday, 26 September 2024**

**8.45 – 9.00**

**Registration**

**9.00 – 9.10**

**Welcome and introduction**

*Nebojsa Nikolic, Interact*

**9.10 – 09.30**

**The cool tech:** hands-on demonstration

*Nebojsa Nikolic and external expert*

- Vlogging cameras
- Gimbal, tripods and handhelds
- Microphones
- Teleprompter

The participants will learn how to set-up and adjust the essential video recording equipment.

**09.30 – 10.30**

**Exercise: “Camera Confidence Kickstart”**

*Nebojsa Nikolic and external expert*

A group of volunteers will be making their first recordings using the professional equipment. They will explain in 30 seconds what are their learning objectives for the training. We will then watch the recordings together. The objective of the session is to make the participants understand the feeling of being in front of camera, facing head-on the stage-fright challenge and getting over the unpleasant feeling of seeing and hearing themselves on a recording.

**10.30 – 10.45**

**Tea/coffee break**

**10.45 – 12.00**

**Expert training – part I: Preparations**

*External expert*

- What to consider when preparing for a video recording
- Adjusting video plans for a specific target audience
- Scripting and teleprompters



**26-27 September 2024**

Barcelona | Spain

**12.00 – 13.00**

**Exercise – “Prompted Performance”**

A group of volunteers will be recording the same video with and without a teleprompter. We will then watch and briefly analyse the recordings. The goal of the exercise is to demonstrate the unique advantages of working with and without a teleprompter.

**13.00 – 14.00**

**Lunch break**

**14.00 – 15.00**

**Expert training – part II: Body language and diction**

*External expert*

- How to stand and move in front of a camera
- Eye contact and facial expressions
- Tone, pace and breathing
- The importance of good diction

**15.00 – 15.30**

**Exercise – “Enunciation Expedition”**

*External expert*

The group will go through a series of exercises for improving posture, diction and pace when talking in front of camera.

**15.30 – 15.45**

**Tea/coffee break**

**15.45 – 16.30**

**Expert training – part III: Tips and tricks for improving confidence**

*External expert*

- Advice on clothes and make-up
- Exercises for self confidence
- Dealing with stage fright
- Introducing humour and improvisation skills

**16.30 – 17.00**

**Exercise: “Fake it until you make it”**

*Nebojsa Nikolic and external expert*

A group of volunteers will have to record a video using the teleprompter with a random pre-prepared script. The goal of the exercise is for the participants to apply the advice from the training and try to project confidence even while talking about a topic they might not be familiar with.



**26-27 September 2024**

Barcelona | Spain

**Day Two**

**Friday, 27 September 2024**

**8.45 – 9.00**

**Welcome back**

**9.00 – 09.15**

**Recap of day one**

*Nebojsa Nikolic*

**9.15 – 10.30**

**Expert training – part IV: Long-term plan for developing our skills**

*External expert*

**10.30 – 10.45**

**Tea/coffee break**

**10.45 – 12.45**

**Exercise: “Masterful Monologues”**

*Nebojsa Nikolic and external expert*

All the participants will have an opportunity to record individual short videos using the professional equipment in the room. The trainers will give the participants feedback and advice on how to improve.

**12.45 – 13.00**

**Wrap-up and closing of the training**

*Nebojsa Nikolic*