

7 WAYS TO GET COMFY ON CAMERA (ESPECIALLY IF YOU HATE IT!)



Wanna hear a secret? Everyone (yes, even you) is capable of showing up on camera without fear, anxiety or sweaty palms. The trick? Finding the specific tools that actually work for you. Once you know them and practise them a bit, you'll be surprised at just how confidently you can show up and share what you're here to say.

This guide will help you to go from "I hate being on camera" to "Why was I ever worried about this?" You don't need to be perfect. You don't need to pretend. Just a few perspective shifts, some practical tools, and a sprinkle of magic. Before you know it, you'll be showing up with ease... and yes, even enjoying it. Imagine!



1. Don't Start by Hitting Record

First things first, if you hate being on camera, the worst thing you can do is sit down in front of a camera and hit Record. Because every doubt and worry will surface and stop you in your tracks. Instead, ask yourself: *What exactly don't I like about it?* Write it all down. Then rip it up. Everything on that list is everything that's getting in the way of loving your recording sessions.

2. Stop Worrying About What People Think

In a world of fast-scroll Reels and TikToks, people aren't scrutinising your every word or angle. They're listening for what feels real, helpful, or human. That means YOU, being honest and authentic, is more than enough. Speak from the heart. That's the magic.





3. Sort Your Tech in Advance

Get your phone/tablet charged. Plug in your mic. Check your lighting and setup the space before you press record. Technical hiccups can trigger stress so take care of the details early. As the old saying goes: *Fail to prepare, prepare to fail!*

4. Practice Without Posting

The camera doesn't have to be your friend but it could become a colleague that you get on well with! Try playing with it in any or all of the following ways:

- Record a short message to a friend and send it
- Respond to a news story in a quick clip
- Talk about something you love (or hate!) just for yourself



5. Review Without Judgement

Most people don't love how they look or sound on video at first. That's normal! But watching yourself regularly can help you get used to and even appreciate how you come across. Focus on your energy and message and the rest will take care of itself.





6. Your Energy Speaks Louder Than Words

People connect with how you make them feel. Passion is contagious. Joy is magnetic. Vulnerability is powerful. The more YOU you can be, the more your audience will feel what you're offering that can be of help to them.

7. Final Thoughts

You don't need to be 'ready.' You just need to be willing. Every time you show up, you create a little more ease, a little more freedom, and a whole lot more connection.

Your voice matters. Your presence matters. The world needs both.

Now go be brilliant—one perfectly imperfect, powerful clip at a time!



Still feeling a bit camera-shy? Join me in the Comfy on Camera course; 3 down-to-earth, practical, fun sessions where we'll gently shift you from dreading the lens to feeling like, "Hey, I've got this!" Check it out here: orlabreeze.com/courses

