

## **Quick Stat Guide for: HOW TO SHOOT A TALKING HEAD, Part 1, Video Runs: 14:45**

A talking head is absolutely the single MOST common, and most versatile form of video.

A talking head video online can be one of the most effective things because it lets you relate one-on-one with people and that's what the internet lacks, the human element.

***TALKING HEAD IS THE #1 RECOMMENDED ONLINE METHOD FOR NOVICES TO GET THE MOST BANG FOR THEIR BUCK WHEN IT COMES TO ONLINE VIDEO.***

The simplest way to make a nice-looking talking head video is to use a webcam and some kind of auto record/uploader like what YouTube offers.

If you're shooting a talking head from a camera on a tripod several feet away, then the procedure is to load that video into your computer, do some minor editing to it, perhaps add a name super across the bottom, maybe edit it together with some other stuff and then you convert it to what's known as a video sharing format and then upload it to the web.

**What are you going to say?** Most people do much better with a talking head video if you write out the script ahead of time and rehearse.

- Rehearse it out loud before the camera is even set up.
- When you write your script keep it very conversational and loose.
- If the script is long, it's easier to shoot it in chunks and edit later.

**Lighting is very important but it doesn't have to be difficult. #1**

mistake I see with talking head videos online is bad lighting. People tend to make the same mistake over and over and over. The light source is falling behind the person not on their face. You want the majority of the light falling on the person's face because that is the subject matter of your picture.

3-point lighting, (AKA triangle lighting) is the professional technique for getting the most flattering lighting on a face.

3 points of light relative to the person's head, coming at them in a triangular pattern around their head.