

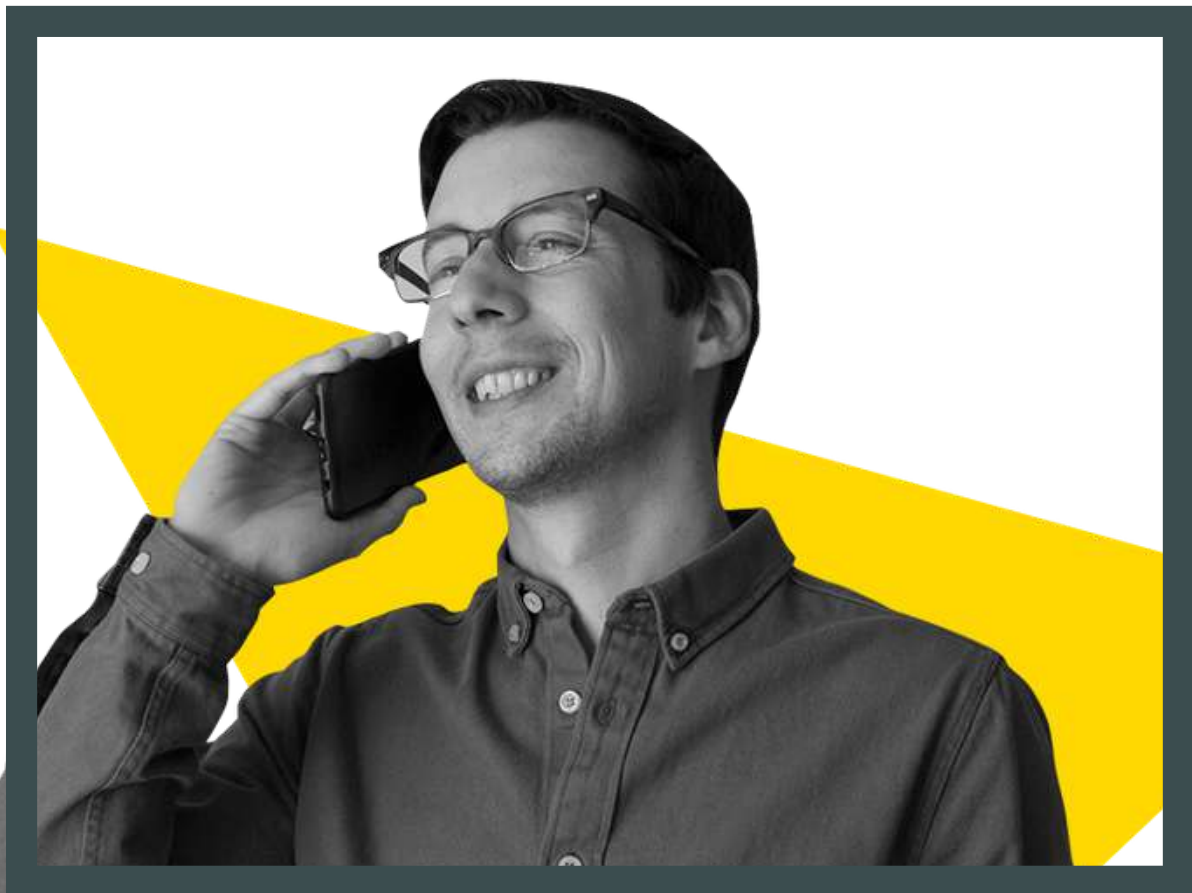
VIDEO INTERVIEW

SETUP GUIDE

HEADROOM

LIGHTING

ANGLES



BACKGROUNDS

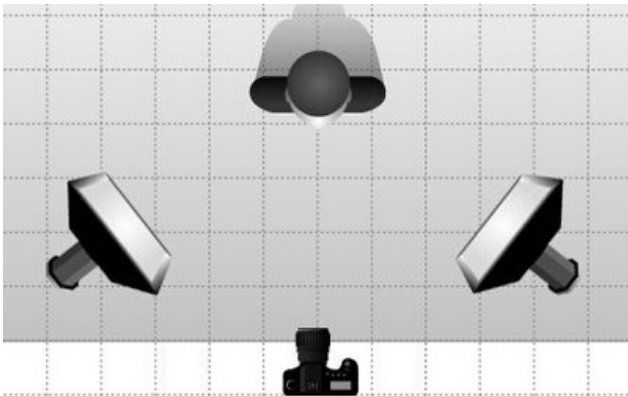
01

LIGHTING



KEY TO SUCCESS

The key to good lighting is to have the brightest source of light coming from in front of you. The easiest way to accomplish this is to move your camera near a window in your room.



SETUP TIP

If you're interviewing in a room without window light, place one or two lamps in front of you. Place the lights slightly to the side of your face so you don't squint your eyes.



AVOID

Backlighting

Avoid having lights behind you. They'll confuse the camera and make it brighten and darken the shot.



AVOID

Side Lighting

Avoid having side lighting. It will make you look suspicious and less trustworthy.



KEY TO SUCCESS

The ideal angle for an interview is a neutral one. To get the perfect angle, make sure your camera is right below your eye-level. Keep the camera at the same height as your nose.



SETUP TIP

You may need to elevate your laptop camera to achieve the right angle. Stack books under your laptop until the camera is at nose level.



AVOID

Low Angles

Low angles will make you look intimidating, like you're looking down on your interviewer.



AVOID

High Angles

High angles are better than low angles, but might make you look small and less powerful.

03

HEADROOM



KEY TO SUCCESS

Headroom is the space between the top of your head and top of the frame. The golden rule for headroom is to have one nose length from the top of your head to the top of the frame.



SETUP TIP

The easiest way to change headroom is by tilting your camera. If you tilt the camera make sure you're not changing the angle too much and creating a bad angle.



AVOID

Too Little Headroom

Too little headroom will make you look squeezed in the frame and won't be comfortable for your interviewer.



AVOID

Too Much Headroom

Too much headroom will make you look small in the frame and give the appearance of being weak or unconfident.

04 BACKGROUND



KEY TO SUCCESS

Your background should be free of objects that will pull the interviewer's attention away from you, but it also shouldn't be blank. The golden rule is to have 2-3 items in the background.



SETUP TIP

Try to be intentional with your background and don't just settle for what's already there. Take some time to add a few items that speak to who you are. Plants are a great way to add color to your background.



AVOID

Blank Walls

Try to have something on the wall, whether it's a painting or a shelf, but avoid portraits.



AVOID

Photos with People

People's faces naturally attract our attention. Avoid having photos of people's faces in the background.



AVOID

Bright Colors

Avoid having items that are too bright as they'll pull the interviewer's attention away from you.

05

IMPROVE FASTER

JOIN THE COURSE

The **Interviewing for Introverts** online course includes demonstrations of all these techniques plus much more.

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