

# Tackling nerves

## Appearance Counts

- Avoid big/loud/jangly jewelry
  - Jangly earrings, necklaces and bracelets can often be heard through a mic
- Find a spot to attach a lavalier mic and battery pack
  - A lavalier mic works best when attached to a collar or lapel right at the collarbone
  - The battery pack usually has a clip that will attach to a belt or pants/skirt waist
  - Last resort: drop the pack in a pocket
  - Always assume the mic is hot (especially if you go to the bathroom)
- Wear comfortable shoes
  - Comfort is important if you're on your feet for an extended period of time
  - New shoes might squeak which can be a distraction to the audience
- Avoid loud or small patterns for TV
  - Herring bone print or small checks can get "swimmy" on camera
  - White tops can cause "white balance" problems for the camera

## Understand staging

- Chairs/stools
  - Check chair height to make sure feet touch the floor or knees aren't showing, socks are covering ankles, suit jackets aren't hunched up at the neck, buttons are closed, ties are straight
  - Sit on suit jacket tail to ensure the jacket shoulders don't ride up
- Lectern
  - Make sure the standing mic hits just below the mouth
  - Ensure you can be seen from behind the lectern
- Lighting
  - Some types of lights can reflect on glasses that don't have non-glare glass
  - Lighting can often keep people on the stage from seeing the audience in a large, professionally lit space