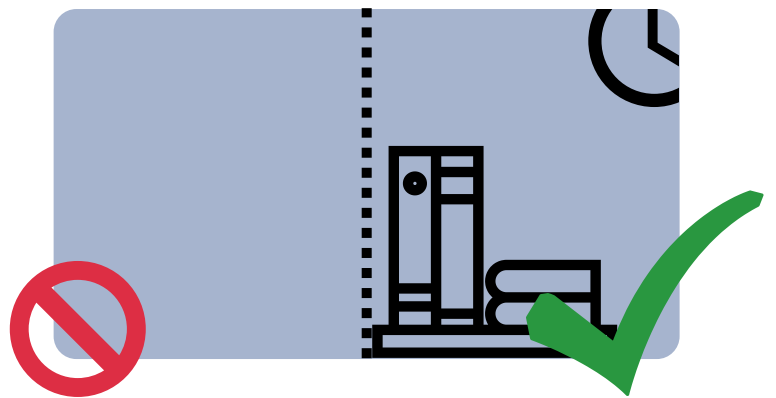


# VIRTUAL QUICK-START GUIDE

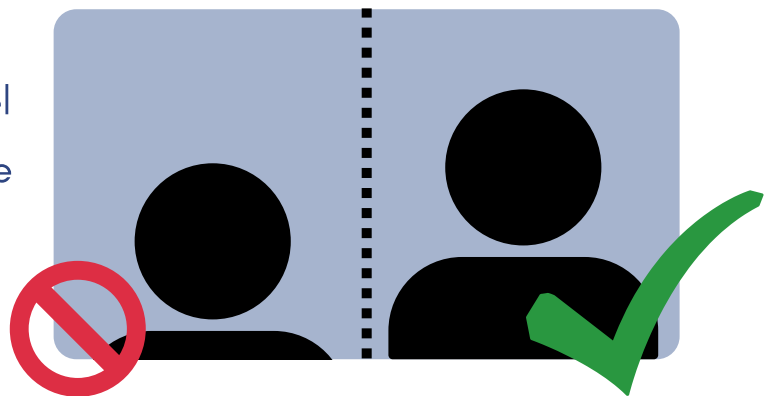
## BACKGROUND

- Avoid bland or blank backgrounds
- Curate a professional aesthetic
- Use blur / bokeh to "pop"
- Branded virtual backgrounds



## FRAMING

- Place camera at (or above) eye level
- Center your face (not head) in frame
- Limit amount of empty space
- Use a grid to get the hang of it



## LIGHTING

- Start with a well-lit room
- Add a primary light source (window)
- Fill in shadows with a lamp
- Soften harsh light by reflecting it
- Green screen for added presence

