

# On-Camera Ease:

## Building Everyday Video Confidence & Connection

**Thursday – November 12, 2026**


Presented by:
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Owner & Founder of the
Live Streaming Secrets Circle®

# On a Scale From 1-5...



# About Rose!

- Caiazzo is a little town in Italy
- I’m livin’ the dream in Jackson Hole >>
- My momma was my orig BFF, travel buddy & inspo for going on camera
- I 🤍 helping people with “the dot”

As people…
We all have so much experience to share!

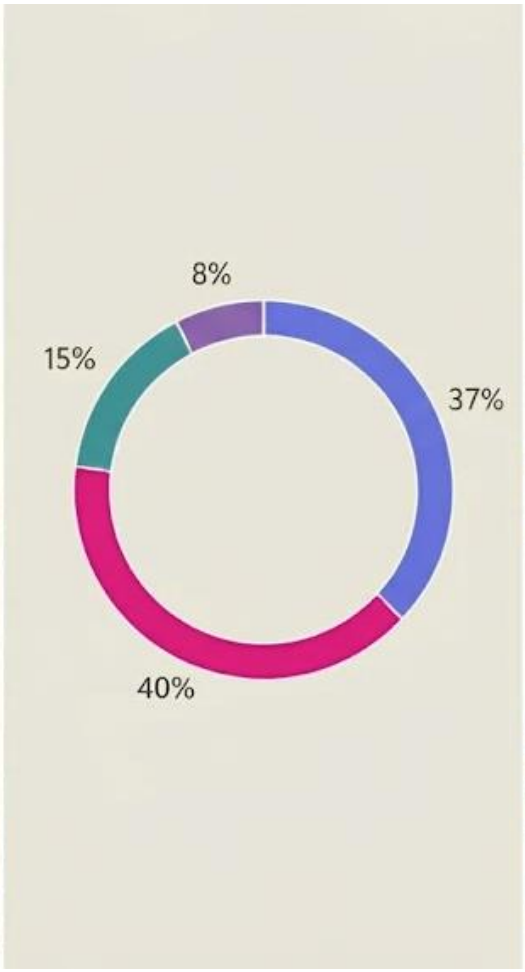


# Tech + My Mom?



# Zero Pressure!








# 3 Simple Steps



**1. Practical camera & setup tweaks**

Be comfortable with your APPEARANCE on camera!

**2. How to unmute with confidence**

& beat that HESTITATION freeze...

**3. A simple speaking framework**

Express your thoughts CLEARLY & without rambling!

# 1. Camera & Setup Tweaks







# Check These 3 Things:



1. **What's My Lens Angle?**

   Your position says a lot about you (!!)

2. **How Do I Talk To The Camera?**

   Using the green dot to create connection

3. **Find The Right Light!**

   Natural light is always best

# 2. Unmute with Confidence



# Breathe / Smile / Click!

🧘 **BREATHE**

Take 1 steady breath...

😁 **SMILE**

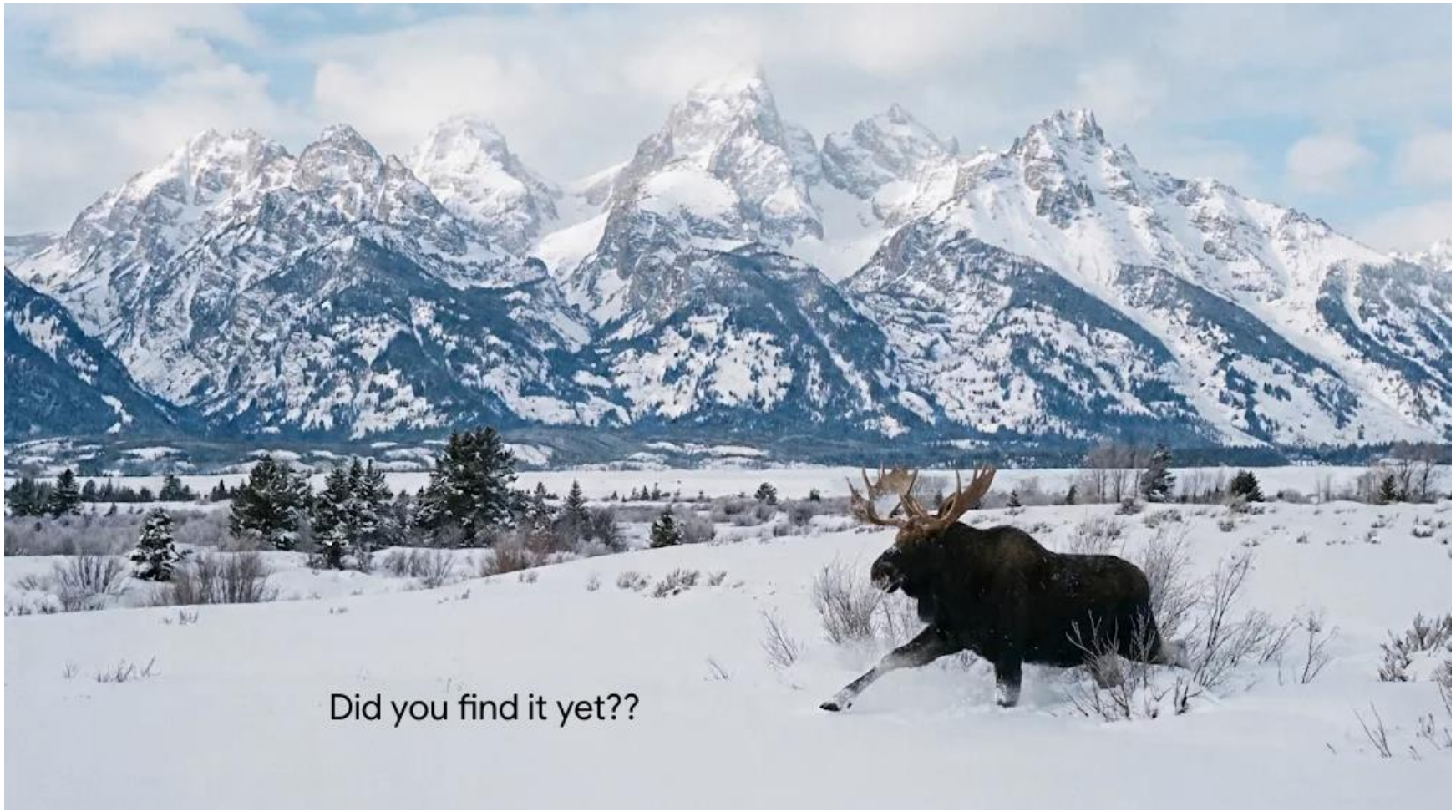
To release tension...

✋ **CLICK!**

Unmute ASAP (or raise virtual hand)



# Live Video = Anything Goes!



# 3. A Framework for Speaking



# Idea + Story + Done!




## IDEA

State this as 1 clear sentence

## STORY

Back up your statement

## DONE!

Have a closing sentence (then hit mute!)

# Love your voice!



# True Connection...



# VIRTUAL STUDIO & CAMERA CHECK

- 15-minute private 1-on-1 session
- Fine-tune "all the things!"
- Look FABULOUS on screen

SECURE YOUR FREE SESSION:

**https://tinyurl.com/aarp-nov2026**





# Thank you!

# ~ Q&A TIME ~

Connect with me on social media:

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Or check out my website!

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