



**GET OVER
YOUR FEAR**

**OF BEING
FILMED**

FEELING CAMERA SHY?

How To Get Over Your Fear Of Being Filmed On Your Wedding Day

How can you feel more comfortable in front of the camera on your wedding day?

Not having a wedding video is always one of the top regrets from newlywed couples.

Way back in 2009 I too was a tad camera shy and was torn over what to do for our own wedding!

I hated hearing my own voice on camera and certainly didn't think I'd enjoy watching myself on my wedding day back.

However, I knew from old family videos and working in the film industry the incredible value of having video alongside our photos to allow us to relive as much as possible!

EVERYONE kept telling us the day went so fast. What if they were right?

I'm SO glad I pushed through that fear and went ahead anyway. Don't let being worried about feeling comfortable in front of the camera stop you from being able relive those precious moments and share them for years to come.



HERE ARE MY

TOP 5 TIPS

FOR GETTING OVER THE FEAR OF BEING FILMED
AND FEELING MORE COMFORTABLE AROUND A
CAMERA ON YOUR WEDDING DAY





"I actually look comfortable in front of the camera!!
You know I was adamant I didn't want to be videoed but as soon as I saw you filming Marella (my daughter) it became massively important to me to capture those moments and for Ian to see them too.
It's something we will watch time and again."
Gemma & Ian



No.1

WHAT DO YOU WANT TO SEE BACK?

Thinking about everything else can help you see it's more than seeing just the two of you.

A wedding video is the perfect way of seeing a day filled with love and laughter. A amazing reminder of being surrounded by your family and friends celebrating your love.

It may feel like all eyes are on you but the perfect wedding videographer will help you see your day from a unique perspective, moments you missed and all the candid stuff in-between!

No.2

CONSIDER A HIGHLIGHTS FIRST...

With so many videography packages to choose from it can be a bit overwhelming, especially if you're not even sure you'll watch/enjoy your wedding video!

Consider finding an option where you can have the day filmed and get a shorter 'Highlights' edit first.

Once you get to see some of the best moments back you'll instantly know if that's enough for you or if you've finally got over your fear and want to see it ALLLLLLLL again with fun extras and add ons!

No.3

WARM UP A LITTLE BIT...

There are lots of little ways to 'warm up' to being filmed on your wedding day.

Don't throw yourself in at the deep end and I don't mean yoga as the sun comes up (though I did that on my wedding day and it can help the nerves!)

Pre-Wedding Meetings and Catch Ups

Make the most of pre-wedding meetings with your videographer. From video calls and lots of wedding planning emails to actually meeting in person, they all help.

They'll help you both get to know each other and essentially build up a trust between you both before the wedding, helping you feel relaxed around them (and their camera!)

Hanging Out For Longer In The Morning

Another thing that can really help initial nerves is having them there to capture the excitement of you both getting ready in the morning.

It helps you get used to having cameras around with the added bonus of capturing all that pre-wedding excitement that comes before the ceremony!

This is where choosing a videographer that you get on with is key.

If you feel really relaxed in their company it can end up feeling more like having a friend filming your day.

You'll soon forget they're there with a camera and when you watch your wedding back you'll see those natural moments from your own day thanks to being so relaxed!

"I thought you were so excitable and passionate about weddings, it instantly made me excited for my own and want you around on the day! On the actual day I can't fault how much help you were, you both made me and Pete feel completely at ease."

Sarah & Peter



No.4

SURROUND YOURSELF WITH LOVED ONES!

Confidence in front of the camera comes from being comfortable and feeling relaxed.

You've now picked a videographer who you love and feel comfortable with BUT it doesn't always stop those last minute nerves.

This is where the your loved ones come in!

Plan a relaxed morning with the people you love the most.

Have them take on all the last minute checks, plan the morning playlists and keep you fed and hydrated.

Surrounding yourself with people you love and trust ensures you're in for a relaxed and fun wedding morning.

Once that buzz of excitement is in the air with your 'dream team' you'll forget all about the nerves of being filmed and photographed.



STILL FEELING CAMERASHY?

No.5

CHOOSE WISELY...

When it comes to being comfortable in front of the camera, it helps if you feel comfortable in front of the person BEHIND the camera but also in their filming style.

Sounds a bit too simple doesn't it, especially for my 5th and final tip?

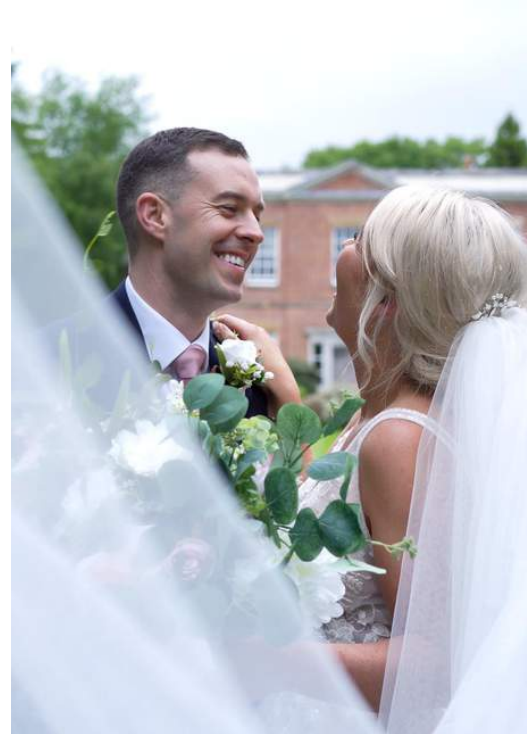
Picking someone who is friendly, professional and helps you feel at ease we know will help you feel relaxed. But what about the style...?

If you find someone who relies on posing, directing and creating the moments, you may end up feeling you need to 'perform' all day instead of relaxing!

Look for a style of videography that works well at capturing natural, candid moments. Real moments you will actually want to watch again and again.

Someone with a documentary approach will film in a more discreet way so on the day you'll soon forget they're there!





I hope that helps ease any worries you had about being filmed on your wedding day. Still unsure? Lindsay and Liam have some wise words below...

"I'm pretty camera shy so a wedding video was definitely no for me.

But then my best friend and bridesmaid told me not to be so selfish!! She said the video was for the kids I dreamed of having and she was right!

Plus I actually loved showing people the 3 min video on my phone to my favourite tune! Even the dentist watched it pre-scale and polish!

Those kids are dreamed of are now 3 and 1 and love watching mummy and daddy on the iPad.

Imagine if your best friend was a wedding videographer you would deffo book her, she would put you at ease, you'd forget she was even the videographer and she would go the extra mile for you!

Well if your best friend isn't a videographer Charlene can be and you will get all the benefits."

Lindsay & Liam

If you're swaying to the idea of being filmed thanks to these simple and helpful tips, then I'd love to hear from you!





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