
FROM CAMERA
SHY TO CAMERA
CONFIDENT

METASPEECH





MARIANA LUCIA MARQUEZ

Communication Skills Coach

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Choreographer

Dance Artist @Sadler's Wells Summer University
2015-2018

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Entrepreneur

Co-founder/COO of online book dealer.

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Intrapreneur

Argentina's National Audiovisual Dance Archive

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Mentor

Resident Pitch Coach @WayraUK
@Cannes Lions R/GA Startup
Academy, Pitch@Palace, Google for Entrepreneurs.

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Speaker

@4YFN/ Mobile World Congress, TechweekNY,
SoDaAcademy, WOW Talks Women in Tech.

ACCELERATORS	INCUBATORS
STARTUPS	GROWING &
ESTABLISHED BUSINESSES	CONFERENCES

Google

indeed®

Mixcloud

Stinkdigital

ZEGO

HYATT
HOTELS & RESORTS

wayra.
PART OF Telefonía OPEN FUTURE.

UNIVERSITY OF
CAMBRIDGE
Judge Business School

Department
for International
Development

Imperial College
London

hiyacar

LinkedIn

Allianz

Spotify

GEOVATION

AVANT ARTE

FROM CAMERA SHY TO CAMERA **CONFIDENT**

A. WHAT STOPS US FROM BEING CONFIDENT ON CAMERA?

B. MINDSET SHIFTS

C. TIPS & HACKS

DISCLAIMER
IT'S JUST ONE HOUR!

A.

WHAT STOPS US

WHY SPEAK?

WHAT'S TO BE GAINED?

WHAT'S HARD
ABOUT PUBLIC
SPEAKING| BEING SEEN |
TAKING UP SPACE?

THE VISIBILITY WOUND

- Being a Fraud
- Shine Too Much
- Too Passionate
- Not Bold enough

THEY ALL LEAD TO THE BIGGEST
FEAR OF ALL

TO BE DISLIKED
& ISOLATED/ CAST OUT

B.

MINDSET SHIFTS

/// MINDSET SHIFT

01

“There aren’t two of me or my products/services”

- Unique Life Experiences
- Unique Perspective
- Unique Goals (my why)

Unique Flavour = Unique MESSAGE

/// MINDSET SHIFT

02

Our product/ service is
someone's ideal SOLUTION.

SELLING = LOVE

/// MINDSET SHIFT

03



YOUR
INNER
TRUTH
IS
YOUR
ANCHOR

INNER TRUTH

*What do you care about so deeply
that your business exists because
of it?*

*(A '**die on the hill for**' kind of thing)*

EXAMPLE

I care deeply about peace (not just personal peace, but global peace). And I truly believe that a more peaceful world starts with more female leaders. Across governments, companies, and communities, the data shows it: when women lead, things improve.

But leadership starts with voice:

The first step to owning our power is being able to speak our heart's message and dare to become visible.

C.

TIPS & HACKS

• ON CAMERA **TECHNIQUE** • FILMING

POSTURE : ACTIVE STANCE

EYE CONTACT: ON CAMERA (IMAGINE A PERSON YOU KNOW)

VOICE: PROJECT TOWARDS THAT PERSON

START WITH “HI EVERYONE” THEN EDIT IT OUT

SCRIPT THE FLOW, NOT THE TALK

- ON CAMERA **TECHNIQUE** •

STILLNESS = STIFFNESS

MOVE TO FEEL LIKE YOU

HACK NERVES —> RELAX YOUR JAW

// BABY STEPS

WHAT YOU CAN
TOLERATE
+ 5-10% CHALLENGE

D.

Q&A

WHAT ARE
YOUR KEY
TAKEAWAYS
?

FREE
'Ultimate Confidence Checklist'
coaching.metaspreech.com/confidence



METASPEECH

MARIANA LUCIA MARQUEZ
Founder & Communication Skills Coach

mariana@metaspreech.com
metaspreech.com
