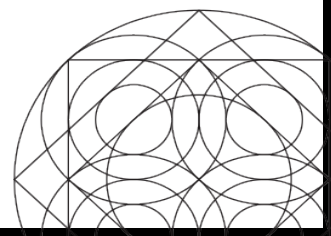
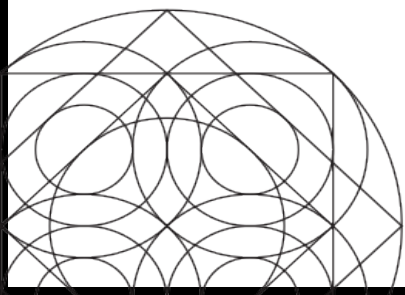
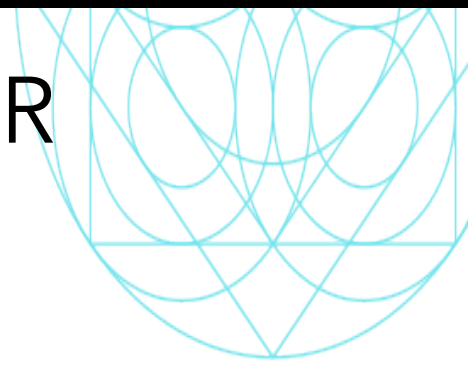


PERFORMANCE FOR

TV



# PERFORMANCE FOR TV



## *UNDERSTAND SHOW STRUCTURE*

- *Typically the segments run for 5 minutes max*
- *The host will ask a series of questions on 2-3 different topics*
- *You will given 1-1.5 minutes to speak on each topic before the next discussion*
- *In panel style discussions, the host will ask each panel member 1-2 questions max, and typically you have time to deliver a 1-2 sentence sound bite*
- *Be conscious of the type of responses they are looking for*
- *Tailor your responses to the shows format but always keep in mind that you want to use your soundbites*
- *ABC - Answer - Bridge - Communicate your Expertise*

# PERFORMANCE FOR TV

- *REHEARSAL*
- *A lot of TV is live so have your soundbites prepared and rehearse them out loud several times*
- *The first minute or two of a TV appearance can be overwhelming and have you in total flight mode*
  - *Bring in a friend to help you rehearse*
  - *Have them ask you questions and practice answering them*
  - *Record this and watch it back to fine tune your performance*

## CASTINGS

- *This only happens if you are being considered for a regular guest spot on a TV show*
- *They will do a trial run through of what would happen if you were on the show*
  - *You will be in a smaller side studio and it would just be you and the producer in the room*
  - *They will record the producer asking you a few questions*
  - *Make sure you answer in sound bites, have something interesting to say, and that you've got great lively energy*



# PERFORMANCE FOR TV

## *WHERE TO LOOK*

- *For in-studio shoots, the only place you should be looking is directly at your hosts*
- *Keep in mind that there will be a monitor in your eye sight that will show what they are filming...do not look at the monitor!!*
- *If you are a guest in another studio and it is just you and a cameraman, look directly down the lens*
- *If you're unsure about any of this, just check with your producer when you arrive*

## *MOVEMENTS ON TV*

- *Research the set beforehand to figure out how / where you will be sitting*
- *Make any kind of hand movements and gestures that feel comfortable to you*
- *Use the same movements you used when practicing your content mapping*
- *Be Your Most Engaging Self*
- *Speak everyday English*
- *Give the most interesting part of your answer, or your "lead," first*
- *Speak 10% louder than usual*
- *Perform 20% bigger than usual, and practice this way as well so this feels normal*
- *Watch your tone...welcome hard questions*
- *Keep engaged when someone else is asking you a question*
- *Smile as often as possible throughout your entire performance*