

# L Lorraine Lee

## TEA METHOD



Fill in the circles if you already have the equipment or feel like you have mastered the skill.

Then, note the areas you still need to focus on.

Don't forget to take notes for each section to help you remember the tips!

### TECH

Hardware

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Microphone

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External Camera

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Clicker

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Software

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### ENERGY

Your Intro

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Reset Yourself

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Eye Contact

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Smile

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### AESTHETICS

Lighting

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Environment

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Framing

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Clothing

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LEARN MORE



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