LIGHTING GUIDELINES

As actors it is vital that our lighting is of a consistently high standard.

This is for 4 main reasons.

- When a client logs on we want them to **feel like they are engaging with a highly professional and competent service**.

- If all actors are well lit, there is a **consistent look to our service**, despite us all working from different locations. This helps the client think less about where *we* are and more about *what* they are there for.

- The **client needs to be able to see you clearly** throughout the session. We like to say that they should be able to tell what colour eyes you have. This will help them **engage with you and feel more relaxed**.

- Finally, if you are well lit, the recordings of your sessions will be of a much higher, and therefore professional, standard.

POOR LIGHTING

So what constitutes poor lighting? There are many ways in which a subject, *you* in this case, can be poorly lit.

Lack of light in general will mean your picture will be too dark. Clients won't be able to see you clearly and recordings will be grainy and hard to watch.

A **reliance on natural light** through a window means your lighting won't be consistent or controllable.

Front lit only

If you are **only lit from the front**, your background will look too dark and you will cast shadows on the wall behind.

Back lit only

If you are **only lit from behind**, your face will be too dark.

Side lit only

If you are **mainly lit from one side**, half your face will be in shadow and you will cast shadows on the wall behind.

GOOD LIGHTING

It is therefore essential to **invest some time in making sure your lighting set up is of a high standard**.

Try out lamps and lights you already have at home before spending money on new ones but we would recommend **LED eye care lamps** as they are designed to reduce glare and eye strain, they don't flicker and they tend to be adjustable and dimmable.

To **check your lighting** it's easy to log on to **Skype**, then on the drop down menu go to **Audio/Video settings** to see a live image of yourself through your webcam.
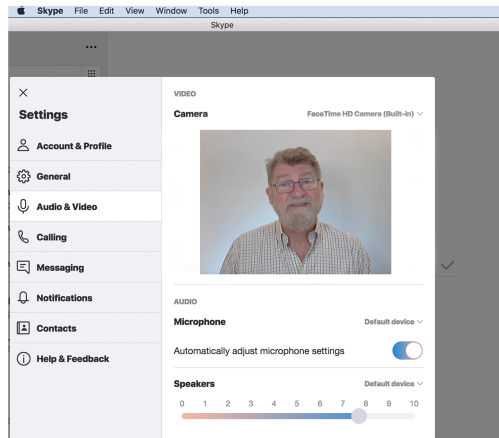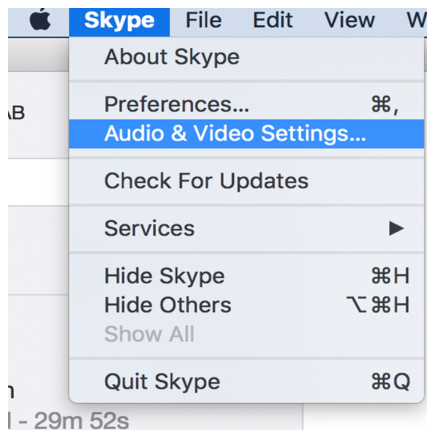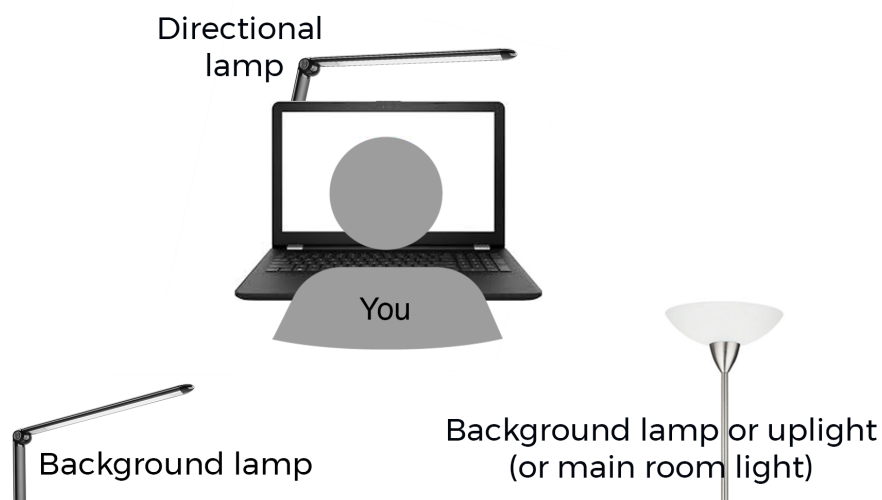

N.B. view on a Mac

Your face should be well and evenly lit, ideally from both sides, with some lighting from behind and on the wall to create a pleasant all-encompassing light. Remember, it's vital that we can see the colour of your eyes!
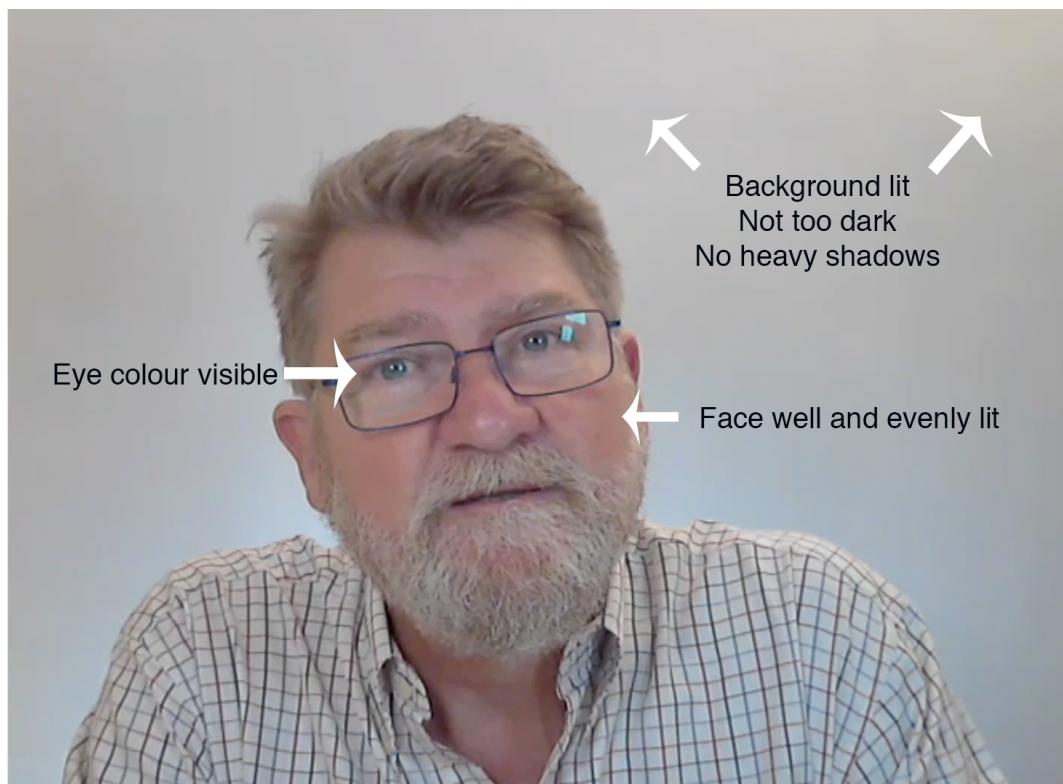

So, how can you achieve this?

HOW TO SET YOUR LIGHTING

- Using a couple of lamps or **a lamp and an up-lighter behind you**, out of frame, lights up your background as well as creating depth. Sometimes the main room light can serve this purpose, but separate lights tend to work much better as they give you more control.

- A **single long LED angle poise lamp positioned above your screen** will light up your face. Position the lamp so you aren't blinded by it; this light will then highlight your facial expressions.

Directional lamp

You

Background lamp

Background lamp or uplight
(or main room light)

- Or **even better two single LED lamps either side** can be easier to control and give more flexibility.

Directional lamp

Directional lamp

You

Background lamp

Background lamp or uplight
(or main room light)
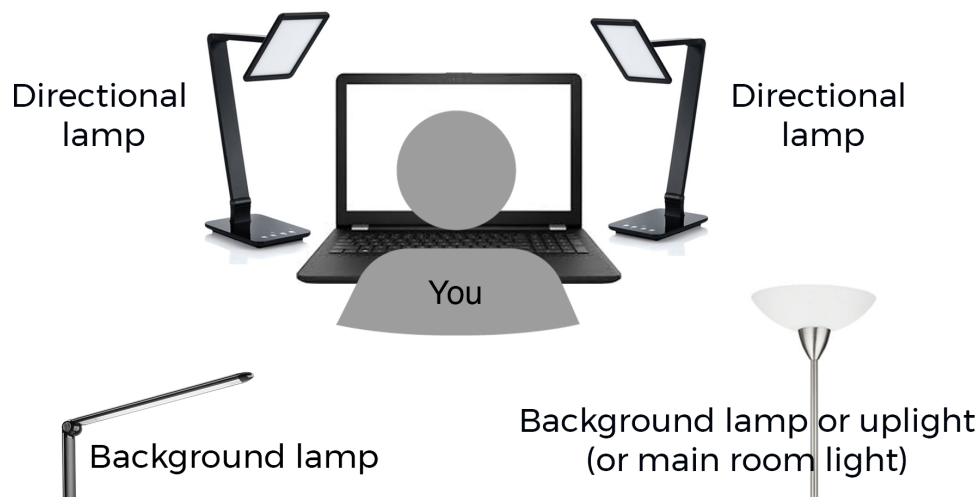
- A piece of white paper on the surface in front of you can also reflect light up, reducing harsh, unflattering shadows on your face.

CHECK LIST

1. Your face is lit clearly and evenly in a flattering manner

2. All your lighting is controllable and not from windows letting in natural light

3. Your eye colour is visible

4. The wall behind you is lit and therefore not too dark

5. There are no heavy shadows on the wall behind