



Tanya McQueen: The Art of Creating Authentic Video



Tanya is a creative director and business video mentor. Discover how powerful video really is and dive into some useful tips on how to build an authentic video self.

TOP EMBODIMENT TIP: Let your soul be visible.

Have a Message Which Resonates with Who You Are

- Doing a video from an authentic place is powerful and impactful. Authentic means being in your power and who you really are. There is fear of public speaking and fear of seeing yourself not as yourself, so you have to build a new neural reference that is authentic and familiar.

Film Every Day

- Dedicate time blocks to have deeper practice so you manage to build that natural familiar authentic video self.

The Camera is Your Best Friend

- Get support and speak to a friend and have them hold the space. Alternatively you can use a photo of your friend.
- Another useful trick is to imagine speaking to your best friend.
- Try to speak with a focal point of where you're aiming your sight.

Freedom to Speak: Script or Rambling?

- A script shuts off the unexpected things you want to say and can feel mechanical and not authentic.
- You should be clear with what you want to say, yet remain open.

Laugh at Yourself and Play

- You will use only 20% of what you create, so have fun, play and be able to laugh at yourself. There will be lots of learning.

Dress for Confidence

- Get clothes that you feel comfortable and confident in. You can use the help of experts about the color, style etc.

Believe in Yourself

- Believe in yourself and in your message, others will feel it. Otherwise you will radiate that and people won't believe you.

Use Prayer to Set your Intention

- Ask the guides to be present and thank them. Set an intention to speak the truth and to be heard by those who need it.

Resources

- ❖ Email: tanyamcqueen8@gmail.com Facebook: [Tanya McQueen Films](https://www.facebook.com/TanyaMcQueenFilms)



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**