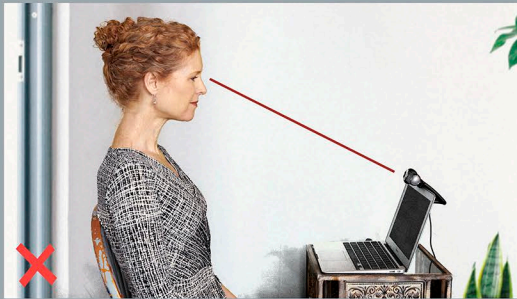# Basic Framing Guidelines for Video Conferencing



← Do this
to get this →

Camera is level with eyes, head and shoulders show, background is uncluttered

← Camera is too low

Angle is unflattering and we see distortion of the background →

Head too close up

Head too low in frame

Too far away from camera

Art interferes with head

Keep objects behind from your touching head

Shelf and objects are distracting behind head