



Lights... Camera... YOU!

Preparing a Joblinks video with young people — take the pressure off, encourage, reveal.

Designed by the Joblinks team · Duration ≈ 90 minutes

“Just be yourself — that's more than enough.”

The spirit of the workshop

This workshop has one goal: that every young person leaves proud of a video that looks like them. We're not after perfection, we're after authenticity. Many young people have never spoken to a camera and can find the exercise intimidating. Your role as a facilitator isn't to “turn them into video pros,” but to take the pressure off, encourage, and reveal.

THE THROUGH-LINE

“There's no wrong answer. The camera just wants to meet you.”

Overall tone: warm, energetic, kind. Every contribution is valued, nothing is corrected harshly, every attempt is celebrated.

The method: the 3 magic questions

Rather than talking about a “three-part structure” or the “STAR method” (too abstract for a first workshop), we boil the whole video down to three simple questions, easy to remember and to fill in:

1

WHO AM I?

I introduce myself with a smile.

2

WHAT AM I PROUD OF?

I share something I pulled off.

3

WHAT AM I LOOKING FOR?

I say what I want and invite people to reach out.

Three questions, three little moments. That's it. A young person who answers these three honestly already has a good video.

FACILITATOR TIP

Post these three questions large on a wall or board for the whole workshop. They become everyone's visual anchor.

What to prepare

- The three questions displayed large (board, poster or projection)
- One “My video in 3 questions” sheet printed per young person (sheet attached)
- Pencils
- The strengths card deck (to print and cut out)
- An object to pass around (ball, small toy, plush) for the games
- The recording device (phone or tablet) and, ideally, a small tripod
- A filming corner slightly off to the side, with soft light (facing a window)

Suggested run of show

About 90 minutes, adjustable.

01

10 MIN

Welcome and warm-up

Start light, without mentioning the camera right away. A short icebreaker relaxes everyone.

The “2 truths, 1 lie” game: each person says three things about themselves, one of them false, and the group guesses. Guaranteed laughs, and it already plants the idea that talking about yourself isn't so hard.

Then announce the plan with enthusiasm: “Today, everyone leaves with their own video. And I promise it'll go well.”

02

10 MIN

The 3 magic questions

Present the three questions in a lively way. Give an example about yourself, for real, to show you're putting yourself out there too: “I'm [name], I'm someone curious who loves helping others. What am I proud of? I organized a tournament for 30 people all on my own. And what am I looking for? Projects where I can be useful. There — three questions, thirty seconds!”

Show that it's short, doable, and not so serious.

03

25 MIN

The playful warm-ups

This is the heart of the workshop. We make the three questions our own by playing, before even touching the camera.

Game 1 — The flash pitch • 10 min

In a circle, pass an object around. Whoever holds it answers question 1 (“Who am I?”) in one sentence, with a smile. Quick, energetic round. Everyone gets a round of applause. You can do another lap with question 2. **Goal:** break the fear of talking about yourself, gently and with laughter.

Game 2 — The paired interview • 10 min

In pairs, the young people interview each other: “What's something you're proud of?”, “What's your dream job?”. Each notes the other's best answers. **Goal:** shy people answer a friend more easily than a camera. And their answers become the material for their sheet. This is often THE moment the click happens.

Game 3 — The strengths cards • 5 min

Everyone draws from a deck of “quality” cards (creative, reliable, funny, resourceful, good listener...) and keeps the 2-3 that fit them best. Hard to describe yourself? The cards do the work for you. **Goal:** give affirming vocabulary to those who lack the words to describe themselves.

04

15 MIN

Filling in the sheet

Each young person fills in their “My video in 3 questions” sheet, with facilitators circulating to help. The sheet mirrors the three questions, with sentence starters to complete. Since they've already played and talked, they have plenty of material: all that's left is to put it on paper.

Tip: remind them they're not writing a script to recite, just cues. In front of the camera, they'll speak in their own words.

05

10 MIN

Rehearsal in pairs

Before filming, each person “performs” their video once to their partner, sheet in hand. The partner has one job: smile and say something kind afterwards. No criticism. It builds confidence and helps find the rhythm.

06

VARIABLE

Lights, camera! The shoot

The big moment. Here's how to make it as low-stress as possible (see also the toolkit below):

- Film off to the side, no audience. One facilitator, smiling, behind the camera.
- Do a “fake take for nothing” that you delete right away: it removes the pressure of “it has to be perfect on the first try.”
- Allow as many takes as needed. Keep the best one.
- The facilitator looks at the young person, not the screen, and nods to encourage them while they speak.

07

5 MIN

An affirming close

Bring the group together. Do a round where everyone names one thing they liked in their own video or someone else's. End on a collective note: “You've all just done something a lot of adults don't dare to do. Bravo.”

Handling camera fear

The facilitator's toolkit — supporting the most self-conscious without ever forcing.

The right to imperfection

Repeat that little “ums” and hesitations are normal and even endearing. A too-polished video feels fake; a slightly spontaneous one is likeable.

The interview option

For a young person stuck on the idea of speaking alone to the lens, film them interview-style: a facilitator, off-camera, asks the three questions. It's far easier, and the result is excellent.

The observer role first

A very anxious young person can start by holding the camera for their peers. Seeing peers pull it off, laughing, takes the pressure right off. Often, they end up wanting to try.

The anti-nerves ritual

Before filming: three deep breaths, shake out the hands, one big forced smile (which always ends in a laugh) — and go. This little physical ritual releases some of the stress.

No audience at the shoot

Fear of others' eyes is the number-one source of freezing up. A discreet shoot, off to the side, changes everything.

Zero comparison

Don't play the videos one after another in front of the group as a “contest.” Each video is unique and personal.

A few extra ideas

Depending on time and the group, three variations to enrich the experience:

A

The “team challenge” version. Turn the workshop into a mini event: a catchy workshop name on display, background music, a symbolic “red carpet” leading to the filming corner. The festive vibe makes people forget the camera.

B The “two-part” version. Session 1: the games and the sheet, no filming. Session 2 (another day): the shoot. Letting it settle between the two lowers stress and clearly improves the videos — the young people arrive prepared and more confident.

C The wall of pride. Before the workshop, everyone writes one thing they're proud of on a sticky note and posts it on a shared wall. Read them aloud at the start. A great pool of ideas for question 2, and a collective moment that bonds the group.

In short, for the facilitator

Three magic questions. Games before the camera. One simple sheet to fill in. A discreet, kind shoot. And above all, one message repeated from start to finish: “Just be yourself — that's more than enough.”

The real success of this workshop isn't measured by the technical quality of the videos, but by the pride in the young people's eyes when they watch themselves back. Aim for that, and the rest follows.