

Presenting masterclass with Sam Naz, 60seconds presenter: transcript

Hi, I'm Sam Naz and I present 60seconds news bulletins on BBC Three.

During an average shift, I get at 2.00pm because I work until midnight. Then I go through the news agenda, so I see what other news programmes are covering and I have a look at their running orders to see what the main stories are. Then we pick out which stories are most relevant to our particular audience and we start writing the scripts.

I do my own make-up and my own hair. It normally takes me about 20 minutes so I do that before I start reading through my scripts so that I'm ready and I'm not distracted again.

You need lots of eyeliner – eyeliner really is a girl's best friend! Lipstick, blusher... On camera, with the bright lights of the studio and the camera lights, you do tend to look quite washed out so you tend to need more colour than you'd think. More than for daytime – you'd probably scare people outside, but on camera it looks great!

I used to get a lot more nervous when I first started, so don't worry at all. Everyone gets nervous – really experienced presenters still get nervous when they are doing a big presenting show.

What you need to remember is that nerves aren't always a bad thing, they can be a really good thing and they show that you care about your performance and how you come across and your output and news programme. To control them, the best thing to do is to have a quiet corner, have a few deep breaths and take some time to yourself before you go on air. And read your scripts out loud – that's the best advice I can give you – because you don't want to be reading it for the first time on camera.

This is the gallery which is where the producer sits for all our bulletins and presses all the bulletins to get us on air, so you're able to see and hear me on the TV. It's done by all this array of buttons here – he only needs a couple of them thankfully, but they do the job!

OK... I've checked my scripts, I've had a rehearsal, I've practised out loud. Here's my script, in case the autocue fails and now it's time to go in the studio.

It's very small. Here's the camera – we don't have a cameraman, it's a fixed camera and in there you can see the autocue so that's where I read the script from.

If you make a mistake, don't worry. Everybody stumbles – you're a human, we're not robots so everyone from time to time will stumble on a word. The key is to carry on.

If you get something wrong, like somebody's name, then correct yourself. That's fine and the audience will expect you to do that. And then just keep going, that's the main advice.

Here is the blue screen. We've got a DVD player in there and that plays the backing. Our backing, which is the 60seconds backing. which if you look in that screen you should miraculously see on the blue screen the 60seconds logo.

Delivery is really important. Slow down – that's the key, it's not a race. If you need to make your script shorter then that's fine – just makes sure you feel comfortable with it. So slowing down is the key, taking deep breaths, taking your time, not feeling rushed – those will all help.