

# InFocus Video Workshops

1-day filming & editing training.  
100% tailored to your workplace.



# Video is...

- **A powerful form of communication.**
- **Growing faster than any other content.**
- **Easier & cheaper than ever before to make.**





# About the day

Our 1-day filming and editing workshop will leave you confident to start creating your own high-quality videos.

The entire day is personalised to your goals. You tell us the videos you want to make and we'll show you how.

In the morning we'll learn how to plan your content, use your equipment, and shoot high-quality content with your smartphone or DSLR.

In the afternoon we'll learn how to edit together your footage with CapCut, Adobe Premiere Pro, or Davinci Resolve. You'll finish ready to make your own professional videos.





# What you'll learn

## ○ **Filming**

Easy to follow techniques to record professional footage. Using your iPhone or DSLR settings, recording audio, setting up lights, auto-focus, exposure, frames per second, filming interviews.

## ○ **Equipment**

Learn how to use your gear. Use affordable equipment to take your videos to the next level. Lights, microphones, gimbals & more.

## ○ **Editing**

Use CapCut or Adobe Premiere Pro to create beautiful videos. Set up your project, cut your footage, add music, titles, colour correction and practical effects to your videos.

## ○ **Video strategy**

Develop your plan for video content. Learn about current trends and the best way to take advantage of video in 2026.





# Filming

## ○ **Camera settings**

Understand the manual settings of your smartphone or DSLR. Achieve clean shots with the correct exposure, focus, depth of field and audio.

## ○ **Sound**

Often the biggest problem! Learn how to capture clean audio with wireless microphones. Sound is just as important as your video.

## ○ **Lighting**

An easy way to bump up the quality of your video. Learn how to use affordable, wireless LED light to make your talent shine. Give your videos a more cinematic feel. Understand how to make use of natural lighting.

## ○ **Interview/piece-to-camera**

The cornerstone of most videos. Set up an interview or piece-to-camera with the correct framing, audio and lighting. Learn how to plan & conduct an interview, and the best techniques for getting the most out of your talent.

## ○ **Filming techniques**

Learn the 3 steps for capturing great shots in any scenario. Focus on filming overlay or 'B-roll' footage to complement your interview/piece-to-camera. Learn about camera movement, framing, depth and shot sizes.



# Editing

**Learn to quickly edit videos with CapCut, Adobe Premiere Pro, or Davinci Resolve.**

- How to set up your project.
- Organise and import your footage.
- Cutting interviews to tell a powerful story.
- Trimming and selecting B-roll.
- Choosing music (and where to find it).
- Adding titles and graphics.
- Cutting and polishing audio.
- Colour correction and colour grading.
- Keyboard shortcuts to speed-up your workflow.
- Exporting in the best quality ready to share online.



# Equipment

It can be overwhelming to know where to start with video equipment.

We'll teach you what you need (and don't need) and how to use your equipment to make your videos look professional.

We'll practice on the day with different types of camera, audio and lighting gear relevant to your videos.

We strongly believe that you don't need expensive equipment to create great content.



# What people say



**Tanya Chil**

Queensland College of Teachers

This was the best training experience I've ever had! One of the highlights was being able to learn the skills using our company's equipment and office space. This meant I could immediately apply what I learned without having to adapt to different tools or settings.



**Erin Tierney**

NSW Reconstruction Authority

Hands down the best interactive learning course I've attended. InFocus came in and transformed the way we did video! I feel so much more confident in taking and editing quality videos.



**Cerys Gould**

QLD Curriculum & Assessment

It was an incredible and fun workshop. We had varying levels of confidence within our team, but they addressed all concerns and levels expertly. I learnt some stand-out takeaways that have made my editing process much easier.



**Chris Bowden**

Total Fitouts Australia

Hands-down the best corporate training I've ever experienced throughout my long career in Marketing. The bespoke approach to teaching ensured that the entire session was constantly relevant for my team, whilst also managing to keep everyone fully engaged.



[Read over 200+ testimonials](#)



# What people say



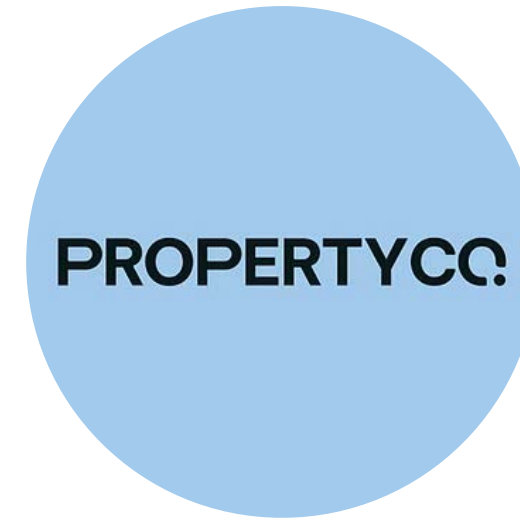
**Charlie Fitsioris**  
Co-Founder | easykind

This group is phenomenal. One of the best investments we've made as a business. Couldn't be more stoked with the effort and care they put into us. Matthew was an absolute jet for the day. Knew more about video than I know about myself.



**David Priestman**  
ATG Construction

The experience was incredible. I was walked through the entire process of video creation. The techniques shared brought a whole new level of depth to our footage — a truly outstanding teacher.



**Bree Shipley**  
Creative Director | PropertyCo

Everything about this course exceeded our expectations — the content was awesome, but the real star of the show was the presenter. He was exceptional and immediately worked out what we needed then tailored the entire day towards our specific requirements.



**Kanada Earles**  
Kmart & Target Australia

We got so much out of it! We have been filming and editing our own content for a year, and they were able to teach us some much needed tips on how to take our videos to the next level. The session was really well structured with theory and practice. Highly recommend.



[Read over 200+ testimonials](#)

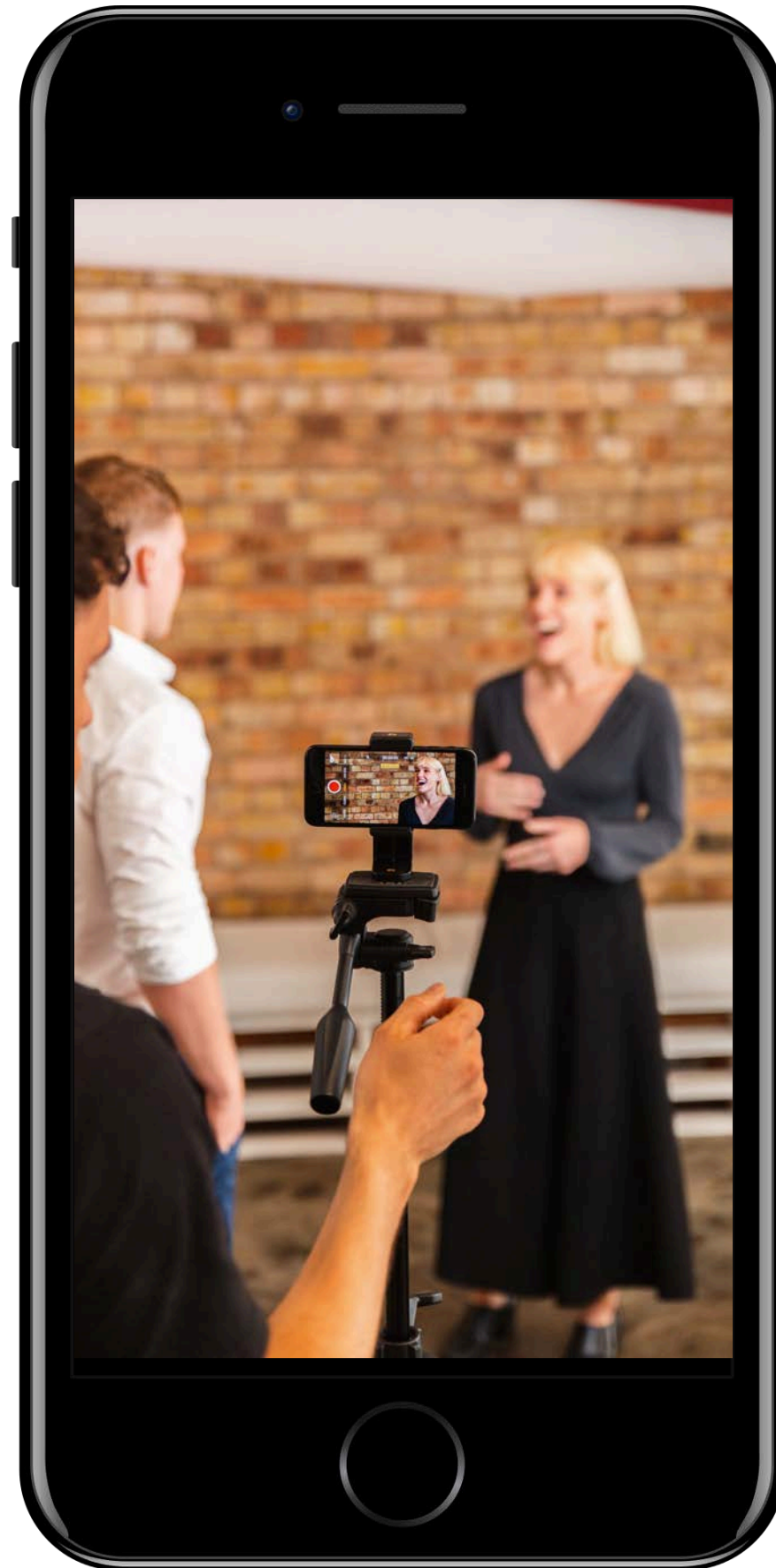


## Save money

No need to hire a videographer each time you need a video.

## Share more videos

Videos are crucial for any organisation. Consistency is king.



## Communicate

Video is the most powerful form of online communication. Reach your audience in new ways.

## Achieve goals

Incorporating video into your online strategy results in significant success. [The statistics talk.](#)



Video on social media generates **1200% more shares** than text & image content combined.



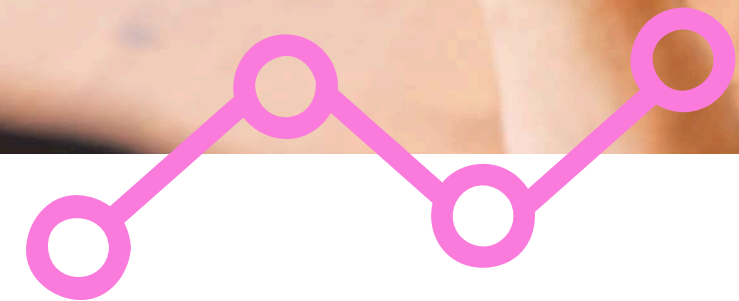
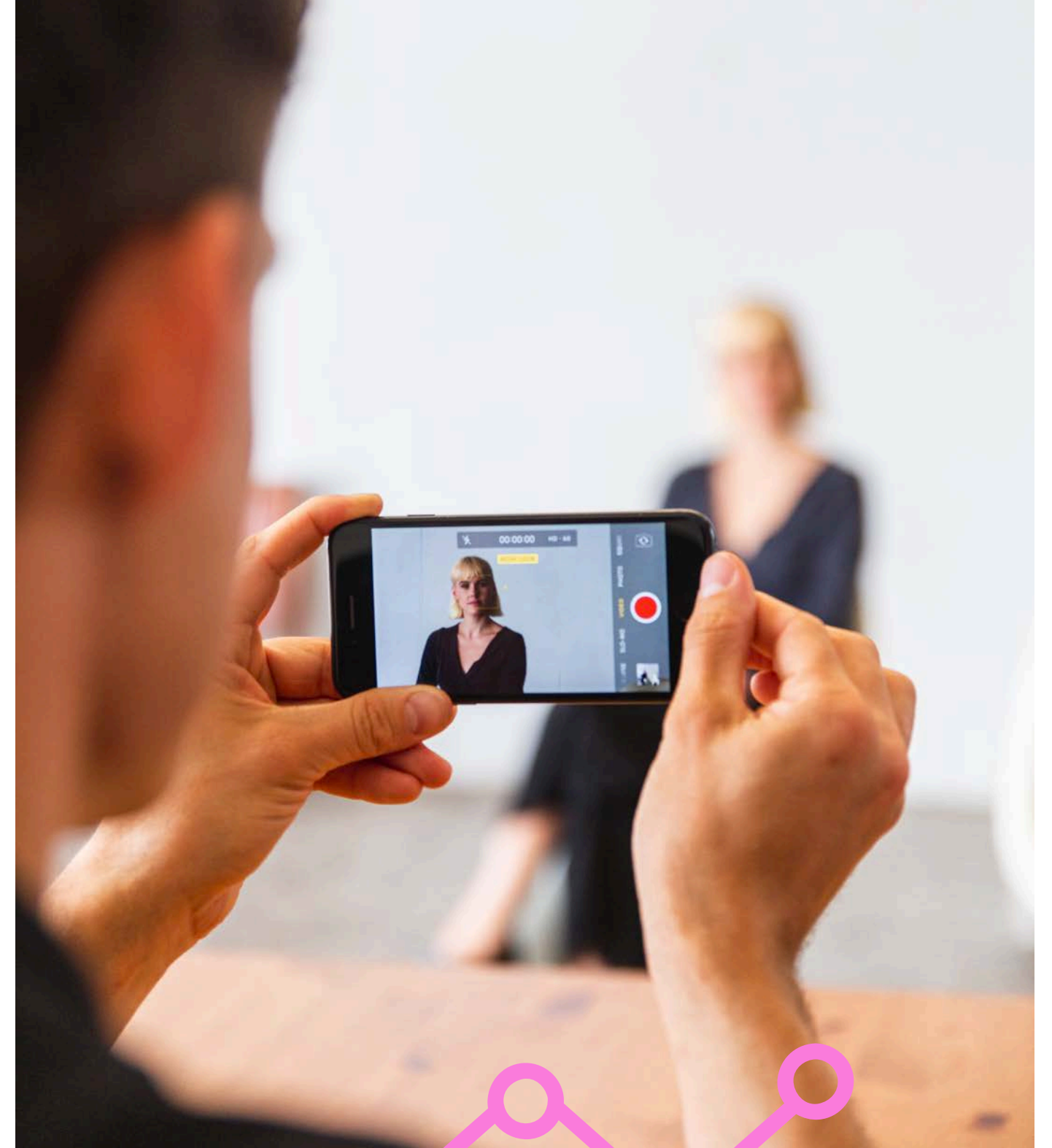
Users spend **88% more time** on a website with video.



**LinkedIn** users are **20x more likely** to share video than any other post type.



**30-60 seconds** is now considered the ideal length for capturing attention.



2025 video trends & statistics.





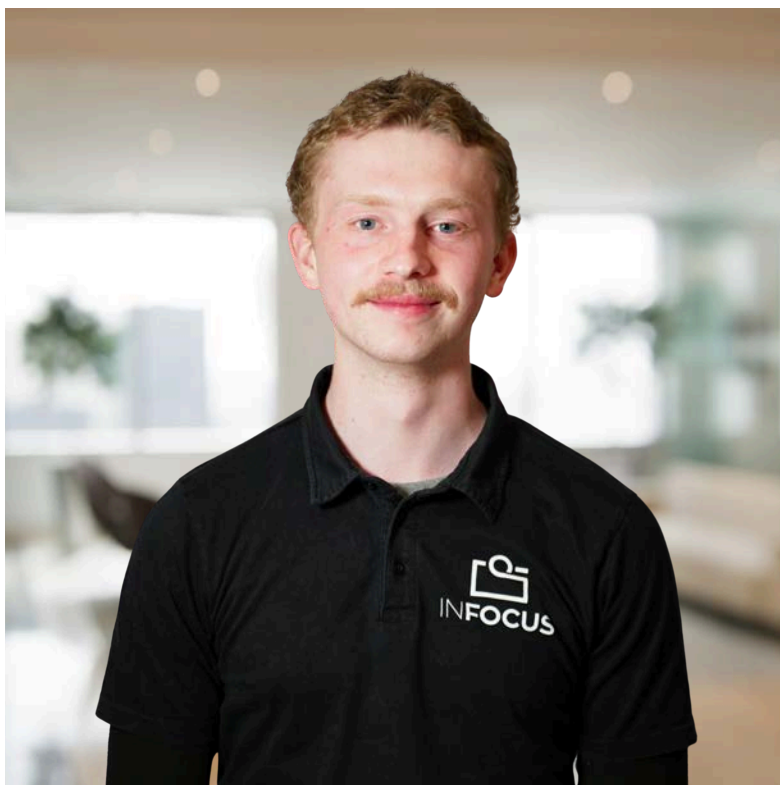
# Your teachers



## Matthew Kilgariff — Brisbane & Melbourne Trainer

Matthew is a Film School graduate and professional videographer. He is the founder of the wedding videography business [Forever In Frame](#). His extensive experience in weddings over the last 4 years has given him, above all else, versatility — one of the most important skills in filmmaking, and his specialty in teaching.

Before starting his business, he created music videos, travel films and promotional videos for Ray White, The Brightside, and Golf Tours Australia. [View Matthew's work.](#)



## Luke Dashwood — Sydney Trainer

Luke is a Sydney-based content creator and YouTuber with nearly 10,000 subscribers, known for his thoughtful videos on philosophy and personal growth. He's also the winner of the Mt. Yotei Film Festival in Japan.

With a deep love for communication, Luke makes learning feel fun, easy, and genuinely inspiring. He's the kind of trainer people still talk about long after the workshop ends — breaking down video creation into a simple formula anyone can follow with confidence. [View Luke's work.](#)





# About InFocus

In 2019, Xavier founded InFocus Workshops with the goal of teaching teams how to create their own professional video content. **Since then, InFocus has trained over 500 organisations across Australia.**

With more than 10 years of experience as a professional videographer and senior-school Film & TV teacher, Xavier has developed a simple, practical formula for creating engaging videos — and turned it into an empowering learning experience that teaches a skill for life.

**[View our 200+ testimonials](#)**





# The costs

Our workshops are delivered 1-1 or as a small group from your organisation.

One-on-One: \$1390

Group (2-3 people): \$950pp

Group (4-10 people): \$650pp

Includes **30-day after course coaching**, personalised purchasing list for equipment, ongoing video feedback, and a personalised video cheatsheet and video editing tutorial.

**Choose your date & book online.**



# FAQs

## **Is your course suitable for beginners? Do I need prior experience?**

Our videography courses are entirely personalised to you. Whether you're a complete beginner or have already started filming and editing, you'll be guided through a step-by-step process suitable to your skill level. You don't need to worry if you haven't used a camera or edited before.

## **How do I book?**

Our workshops are 1-1 and run on a bookings basis. Simply pick a date of your choice. Generally we require around 2 weeks notice in advance. We'll ask you to provide some examples of the types of videos you'd like to create.

## **What else is included in your video making course?**

We cover a lot of content on the day and want to ensure you're set-up to continue your video making journey. Your workshop includes a 30-day after course coaching and personalised purchasing list for equipment. You'll be provided with a video editing tutorial with the exact workflow that we teach you in CapCut or Adobe Premiere Pro. You'll also be provided with a personalised cheatsheet document with everything that we covered in your workshop.

# FAQs

## **Can I use my own equipment?**

Yes, we'll teach you how to use your own DSLR, smartphone, tripod, lights, microphones etc. Please provide a complete list of your camera gear when booking.

## **What if I don't have equipment?**

If you don't currently own any equipment – no problem! We'll provide our own equipment for you to use on the day. This will help you decide what to purchase in the future. If you wish to invest in equipment before the workshop then get in touch for some recommendations. A tripod and microphone are essential pieces of equipment to start with.

## **What requirements do I need at our workplace?**

We require a meeting room for the day with a screen and HDMI connection to share our laptop. We will also need a suitable area to break off and practice filming interviews and b-roll footage.

# FAQs

## How does the practice video work?

For the practice video we ask you to provide an idea for a short and simple video that is relevant to your team. We will usually practice filming an interview and capturing 'b-roll' footage to complement the interview.

## What else do I require for the workshop?

For the video editing we will learn on CapCut or Adobe Premiere Pro. For Adobe, please check the recommended system requirements to ensure your laptop is suitable for editing.

For filming you can either bring your smartphone or any camera that you already own. For larger groups it's best that everyone has their own device to capture footage. You will also need:

- Headphones for audio editing.
- A computer mouse if you usually use one.
- Your equipment charged and ready with memory.
- A list of questions and topics you wish to focus on.
- BONUS – know how to transfer footage to your laptop (this saves a lot of time!).

# FAQs

## **What is the maximum group size?**

12 people – this ensures all participants are getting the maximum value from our workshops. Please get in touch to discuss group pricing.

## **Do I need my own footage?**

In the full-day workshop we will capture your own footage in the practice filming session. For the editing only class you can either bring your own footage or we'll use some fantastic stock footage provided by Adobe.

## **How do I pay?**

Upon confirming a date you'll receive an invoice, due one week after the workshop. You can pay online by card (with a transaction fee) or direct deposit.