

Cinematic AI Talking-Head Avatar Video Workflow

Record yourself talking, remake it into a photorealistic billionaire-CEO avatar with Google Flow, then add matching cinematic B-roll with ChatGPT and Kling. One repeatable pipeline for scroll-stopping 9:16 content.



✓ All of my AI workflows (FREE) ➡ <https://workflows.johnsavageai.com/>



✓ All of the AI tools I use daily ➡ <https://tools.johnsavageai.com/>



✓ All Social Links ➡ <https://links.johnsavageai.com/>



OVERVIEW

What this workflow creates

A complete founder content engine. Film one short talking clip and remake it into an endless supply of premium avatar talking-head videos plus cinematic cutaways — all in a consistent, high-end look.

- **A photorealistic AI avatar of you** delivering any script, sitting in a dark cinematic executive office.
- **Netflix-documentary lighting** — moody key light, red rim, 85mm depth of field, 9:16 vertical.
- **Matching B-roll shots** (dramatic silhouettes and slow orbiting camera moves) built from the same face.
- **Ready for Reels, TikTok and Shorts** — one pipeline you can repeat daily for consistent posting.

THE PIPELINE

The workflow at a glance

1

Google Flow — record & remake · VIDEO

Film yourself saying your script, upload the clip to Google Flow, and let the Omni model remake it into the cinematic avatar.

2

ChatGPT — the avatar images · IMAGE

Upload 4 pose references + a few photos of your face to create 4 realistic avatar stills in matching poses.

3

Kling 3.0 — the motion B-roll · VIDEO

Animate each avatar still into a cinematic orbiting shot to cut between while the avatar speaks.

4

Edit & finish · EDITOR

Drop the talking head and B-roll into your editor, cut to the beat, add music and export 9:16.

1**RECORD + GOOGLE FLOW · VIDEO**

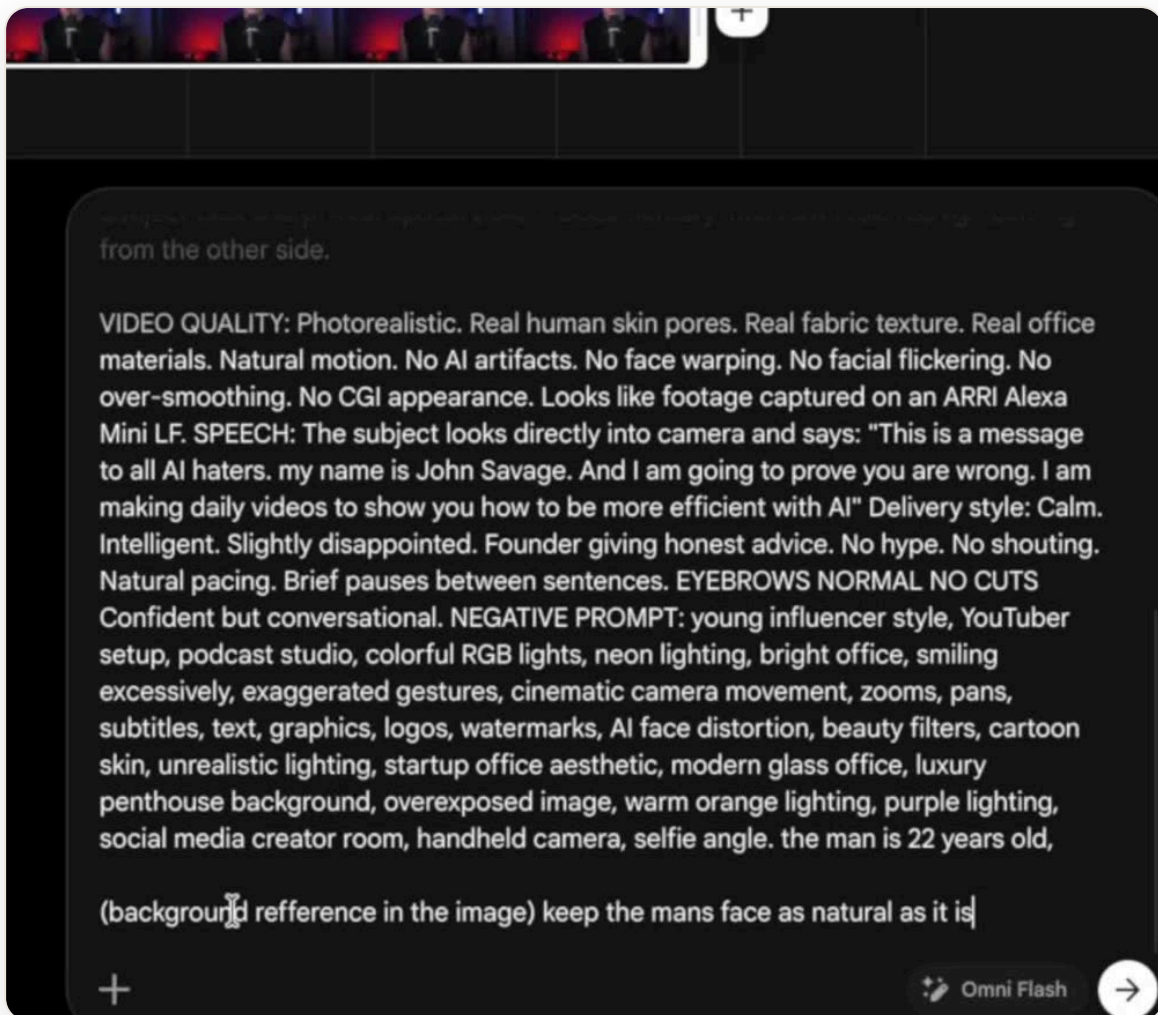
The talking-head video

This is the hero shot — and it starts with you on camera. Record a short clip of yourself talking, upload it to Google Flow, and let Google's **Omni** model remake your footage into the cinematic billionaire-CEO avatar — keeping your exact words and delivery.

- 1 Record yourself talking first** — film a quick front-facing clip saying the exact script you want, with clear audio.
- 2 Upload that video to Google Flow** and select the **Omni Flash** model.
- 3 Paste the master prompt and generate** — after a few seconds, Omni remakes your clip into the avatar talking-head.



Example result — the AI avatar delivering the script in a dark executive office.



Upload your recorded video, pick the **Omni Flash** model, and paste the master prompt — Omni remakes your footage into the avatar.

■ COPY-PASTE PROMPT — GOOGLE FLOW MASTER PROMPT

Create an ultra-realistic vertical talking-head video. Use the uploaded avatar face as the speaker identity. Preserve the facial structure, skin texture, hairstyle, eye shape, jawline, age and ethnicity exactly from the reference image. The subject is sitting behind a large dark executive desk in a dimly lit private office, inspired by a billionaire investor's office.

CAMERA & COMPOSITION: Vertical 9:16 format. Locked tripod camera. Medium-shot framing. Camera positioned directly in front of the subject. Subject centered perfectly in frame, eyes slightly above center. Background taken from the reference image, filling the entire frame naturally. No text overlays, captions, graphics, logos or watermarks.

SUBJECT: A serious, successful founder / CEO. Wardrobe: a black luxury turtleneck sweater in thick premium knit, styled like a high-end executive portrait. No branding, no patterns, no jewelry except a subtle wedding-style ring. No watch.

POSE: Sitting upright, leaning slightly forward, hands steepled together in front of

the chest with fingertips touching. Calm authority, direct eye contact with the camera. Minimal movement – small natural head movements while speaking, occasional blinking, composed and confident.

LIGHTING: Very dark, low-key cinematic lighting. A single motivated key light from one side leaves half of the face in shadow, with deep shadows and a subtle red rim light from the opposite side for drama. Background slightly darker than the subject; face visible but not brightly lit. Moody billionaire-documentary aesthetic, rich contrast, premium Netflix-documentary quality. Natural skin texture – no beauty filter, no HDR glow, no artificial AI lighting.

LENS: 85mm cinema-lens equivalent. Shallow depth of field, background blurred, subject tack-sharp, real optical bokeh, documentary-interview look.

VIDEO QUALITY: Photorealistic. Real skin pores, real fabric texture, real office materials, natural motion. No AI artifacts, no face warping, no facial flickering, no over-smoothing, no CGI look. Looks like footage captured on an ARRI Alexa Mini LF.

SPEECH: The subject looks directly into the camera and says: "«**PASTE YOUR SCRIPT HERE**»" – for example: "This is a message to all AI haters. My name is **[Your Name]**, and I am going to prove you wrong. I make daily videos to show you how to be more efficient with AI." Delivery: calm, intelligent, honest founder advice. No hype, no shouting. Natural pacing with brief pauses between sentences. Confident but conversational. Normal eyebrows, no cuts.

NEGATIVE PROMPT: young influencer style, YouTuber setup, podcast studio, colorful RGB lights, neon lighting, bright office, excessive smiling, exaggerated gestures, cinematic camera movement, zooms, pans, subtitles, text, graphics, logos, watermarks, AI face distortion, beauty filters, cartoon skin, unrealistic lighting, startup-office aesthetic, modern glass office, luxury penthouse background, overexposed image, warm orange lighting, purple lighting, social-media creator room, handheld camera, selfie angle.

Keep the man's face as natural as it is, and use the background reference from the uploaded image.

Setup: record yourself saying your script first, then upload that video to Flow, pick **Omni Flash**, and paste the prompt to remake it. Keep the highlighted script matching what you said on camera — everything else stays the same.

2

CHATGPT · IMAGE

Your 4 avatar images

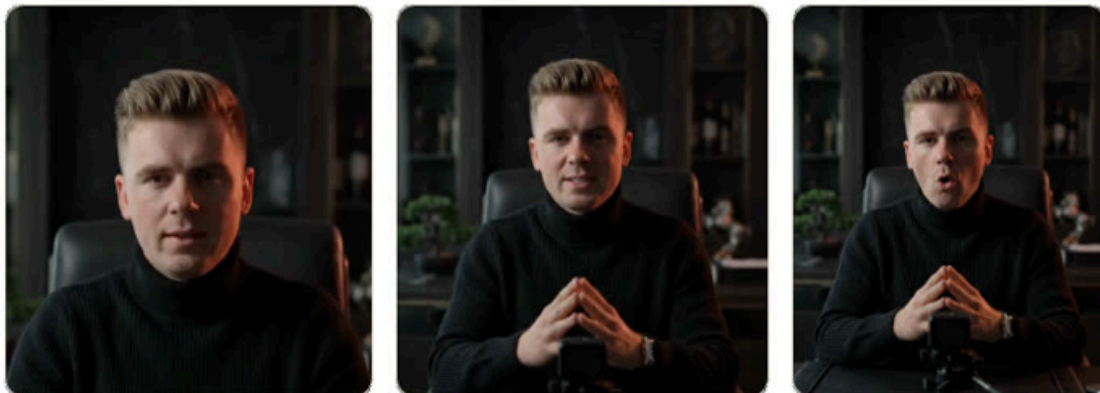
These stills become your cinematic B-roll. You upload **4 pose references** (dramatic poses and expressions you like) followed by **a few clear photos of your own face**, and ask ChatGPT to recreate those exact poses as a realistic version of you.

THE REFERENCE PHOTOS YOU UPLOAD

4 POSE REFERENCES · UPLOADED FIRST



3 PHOTOS OF YOUR OWN FACE · UPLOADED LAST

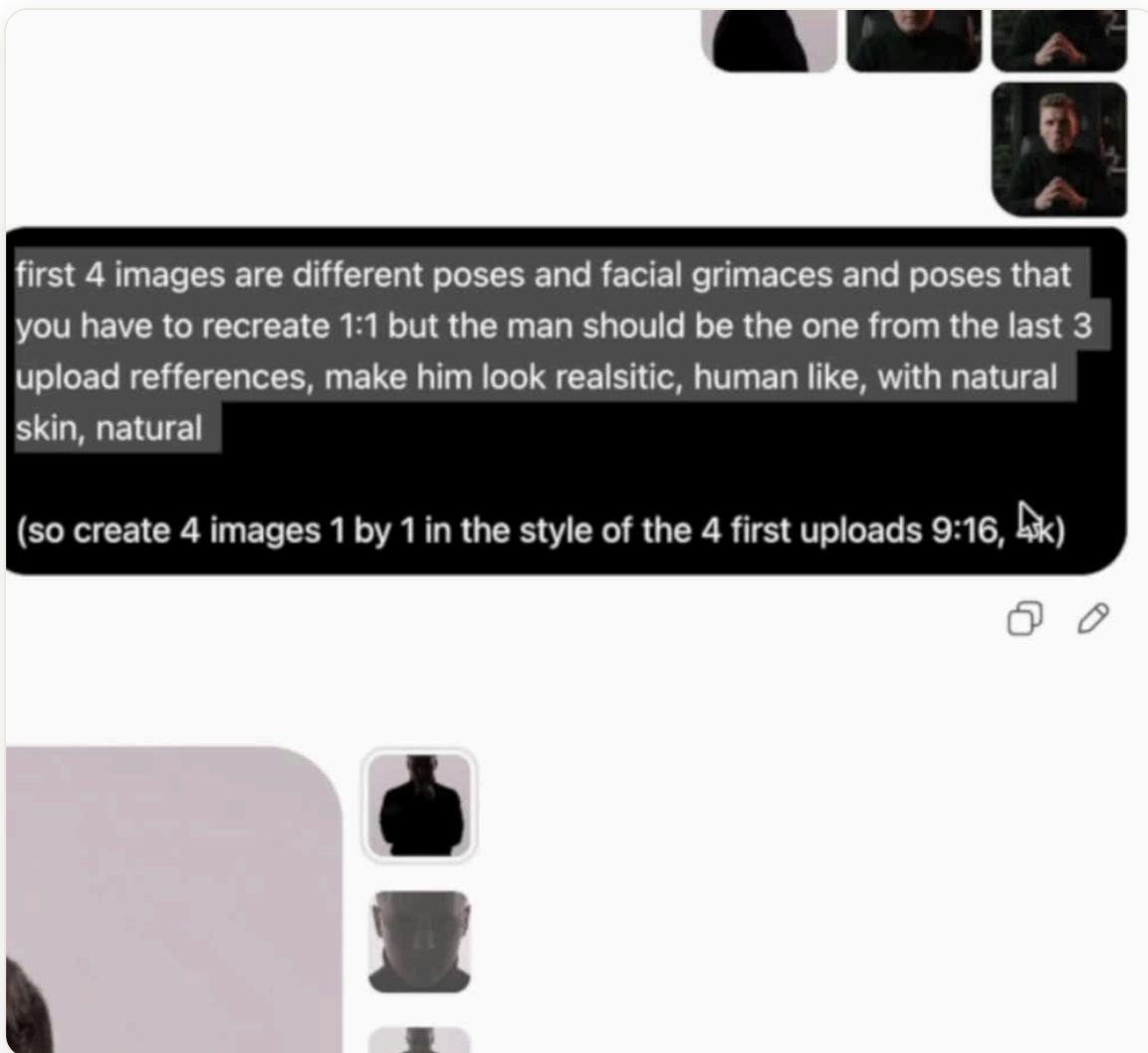


The exact uploads — 4 dramatic pose references (the style to copy) + 3 photos of your own face (the identity to keep).

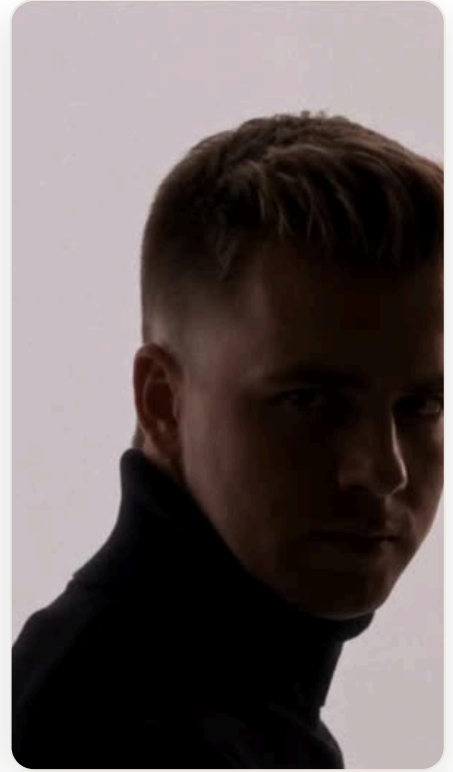
COPY-PASTE PROMPT — CHATGPT AVATAR POSES

«Upload the 4 pose references first, then 3 clear photos of your own face.»

The first 4 images are different poses, facial expressions and angles that you have to recreate 1:1 – but the man should be the person from the last 3 uploaded reference photos. Make him look realistic and human, with natural skin. Create 4 images, one by one, in the style of the first 4 uploads. 9:16, 4K.



Your references + the prompt in ChatGPT — it then generates each avatar image one by one.



What ChatGPT returns — your face recreated across dramatic, low-key poses (ready for Step 3).

▣ OPTIONAL REFINE PROMPT

Keep everything the same as it is, but remove the glasses in each image. 4 images, one by one. 9:16.

Tip: generate the images **one by one** for the cleanest, most consistent likeness, then download the strongest of each pose.

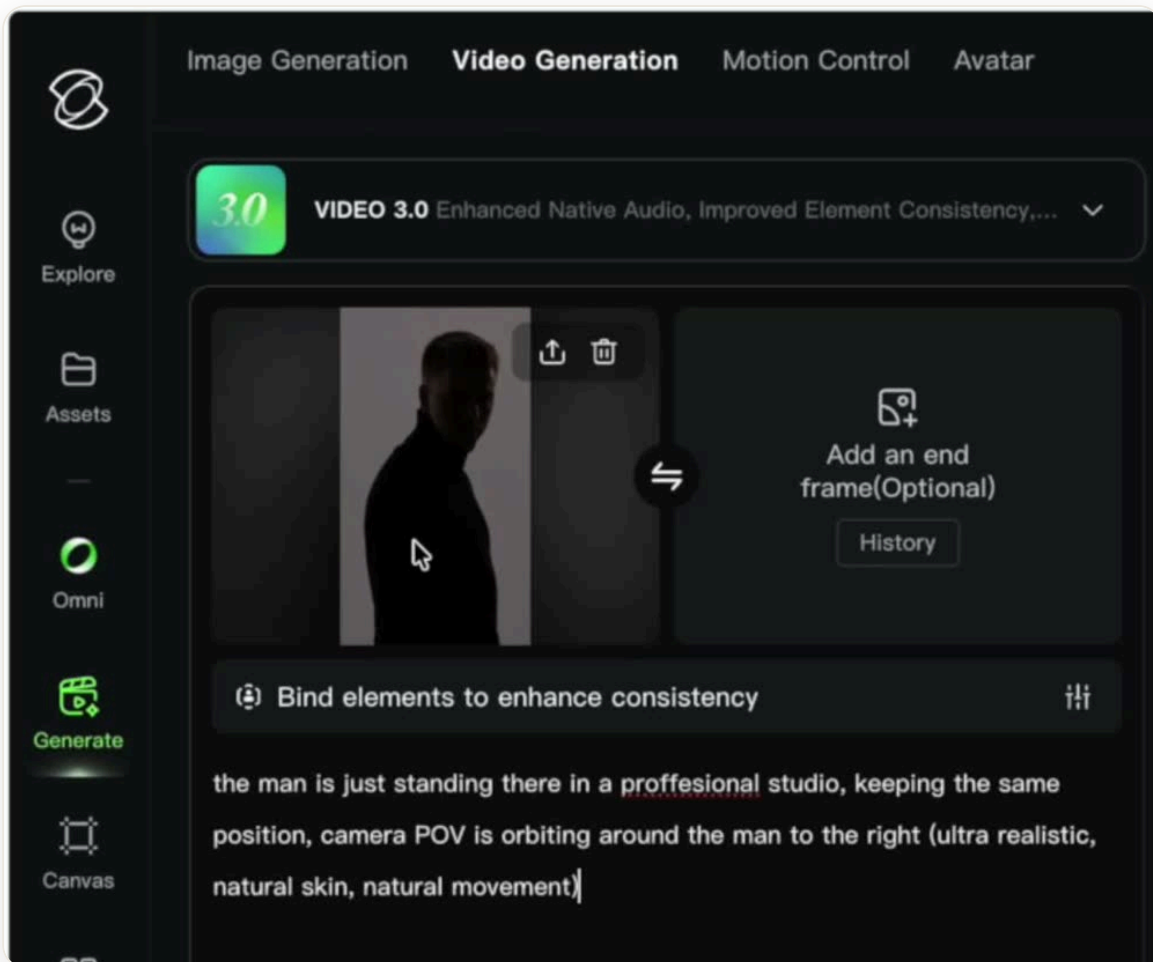
3

KLING 3.0 · VIDEO

Animate the B-roll — 4 clips

Now bring the stills to life. In Kling's Video 3.0 generator, upload each avatar image and run the orbit prompt — one clip per pose. In the tutorial this made **four cinematic cutaways**: three with a slow camera orbit around the subject, plus one faster variation for a snappier cut. These are what you intercut with the talking head.

INSIDE KLING 3.0



The Video 3.0 generator — upload your avatar image, turn on “Bind elements to enhance consistency,” and paste the orbit prompt.



Example result — a still turned into a slow orbiting camera move (run once per pose = 4 clips).

■ COPY-PASTE PROMPT — ORBIT (RUN ON EACH POSE)

the man is just standing there in a professional studio, keeping the same position, camera POV is orbiting around the man to the right (ultra realistic, natural skin, natural movement)

■ COPY-PASTE PROMPT — FASTER ORBIT (VARIATION)

the man is just standing there in a professional studio, keeping the same position, camera POV is orbiting around the man to the right fast (ultra realistic, natural skin, natural movement)

Settings: Video 3.0, 1080p, ~5s clips, avatar image as the start frame, and turn on **“Bind elements to enhance consistency”** so the face stays locked while the camera moves. Enable **Native Audio** for built-in sound. Run it once per avatar pose to build your set of 4 B-roll clips.

4

EDIT · FINISH

Edit & export

Assemble everything in your editor of choice — Final Cut Pro, CapCut or Premiere all work. Lay the talking head on the main track and cut to your B-roll on the key lines.

- 1 **Import** the talking-head clip and your Kling B-roll clips.
- 2 **Cut to the B-roll** on emphasis lines (e.g. your name, the hook), then back to the talking head.
- 3 **Add music** — a low, cinematic bed that matches the moody tone.
- 4 **Grade & export** 9:16 vertical, ready to post.

TOOLS USED IN THIS WORKFLOW

Recommended tools

ChatGPT	Avatar image generation — https://chatgpt.com
Google Flow	Talking-head video — https://labs.google/fx/tools/flow
Kling AI	Image-to-video motion — https://kling.ai
Your editor	Final cut & music — Final Cut Pro / CapCut / Premiere
More tools	Everything I use daily — https://tools.johnsavageai.com/

KEEP CREATING

That's the whole workflow.

Save this page, swap in your own face and script, and you can post a premium AI talking-head every single day. Want the rest of my free workflows and the exact tools I use? Grab them below.



All of my AI workflows (FREE) ➡ <https://workflows.johnsavageai.com/>



All of the AI tools I use daily ➡ <https://tools.johnsavageai.com/>



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