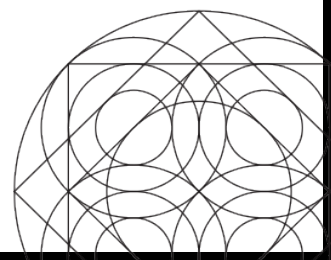
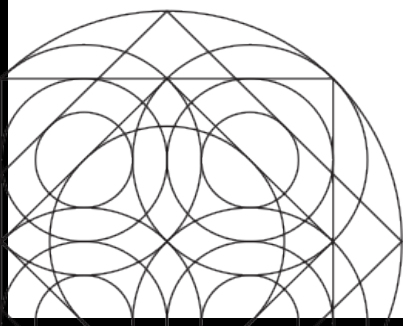


PERFORMANCE
FOR

stills



GETTING STARTED

- *Create a Pinterest board with the poses you wish to replicate*
- *Communicate with your photographer*
- *At least one day before your shoot, do a dress rehearsal at home and rehearse your poses*

YOUR BEST ANGLES

- *Our faces are not symmetrical...and one side is always better than the other*
- *Stand front onto a mirror with your eyes level, and imagine a line down the center of your face*
- *On each side look for things like the height and arch of your eyebrows, slope of your eyes, cheekbones*
- *Angle your nose slightly up and down*
- *Find a quadrant that is most flattering for you*
- *once you've found your quadrant and your tilt you stick to it like glue!*

PERFECT SMILE

- *Smiling too big can look silly, but a slight smile can come across as bored or angry*
- *Smile naturally by relaxing your face and opening your mouth so your bottom lip matches the curve of your upper teeth*
- *Learn to smize (smile with your eyes)*
- *Press your tongue on the roof of your mouth while smiling*

Now its your turn! Go through the Best Headshot exercise to determine which angle and quadrant is perfect for your face.

YOUR BEST ANGLE IS _____

YOUR PERFECT SMILE IS _____

Now take a selfie with both of these and post them in the Facebook group!



EMOTION IN IMAGES

- *Makes your images more authentic*
- *Before shooting, think of a time that made you feel that emotion and absorb it throughout your entire body*

LET'S PRACTICE NOW! Whip out your phone and practice showing each of these emotions in an image. Take a few selfie shots of each one, and then post your best one in the Facebook group!

1. *JOYOUS*
2. *POWERFUL*
3. *LOVING*

THE PERFECT SELFIE

- *Your best angle, smile and emotions all come together to help you create the perfect selfies for your social media or headshots*
- *Play around with the camera location*
- *Making small adjustments can make all the difference between the perfect shot and a bunch of disasters*

IT'S SELFIE TIME! Your camera should still be handy, so now it's time to put all of this together. Take at least 10 shots of your perfect selfie, and once you've got one you love, post it in the group

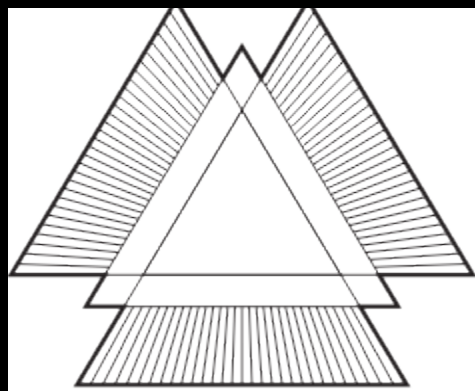
FULL LENGTH SHOTS

CREATING NEGATIVE SPACE

- *This is really about mind tricks – how we perceive things to look as opposed to the way they really are.*
- *If there is no negative space between your torso and arms, your body can appear wider opposed to if you bend your elbows and bring them out to the side*

CREATING ANGLES

- *The more angles you can create, the more interesting the shot will look*
- *Consider proportions... whatever is closer to the camera will appear larger*



Stills Photography

USING HANDS

- *In modeling, your hands are used more as props*
- *Use your hands gently, rather than forcefully, and barely touch your body*

MOVEMENT

- *Move In Front of the Camera*
- *Most people do one pose...it feels comfortable and normal is when the*
- *Models move as much as possible in between shots*

TRICKS OF THE TRADE

- *The Old Red Carpet Trick*
- *Cross Your Ankles*
- *Loosen Up*

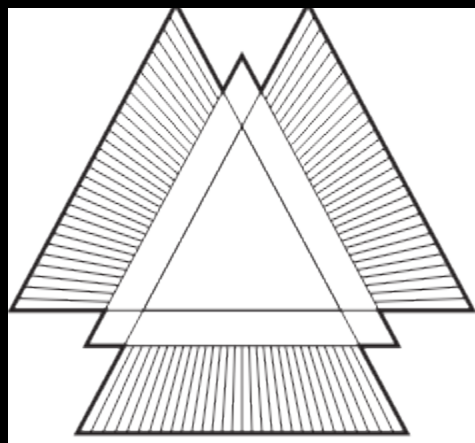
FINAL REMINDER

*The more comfortable you are in your poses, the more happy you are with your outfits,
the more confidence you will have on the day of the shoot.*

Seriously practice!

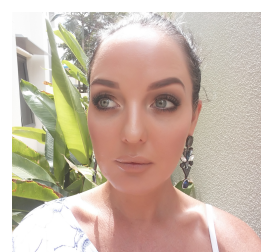
STAY TUNED FOR FOR SOME INSPIRATION OF HOW I MODEL

***Or if you want to click ahead, you can goto the Photography Production
lesson and skip through to 14.50mins***



Here's an example of my camera roll after trying for the perfect selfie!

Note the very subtle changes in expression, head angle, camera position, smile etc.



This is where we ended up. Now before you start saying, that's easy for you Amber, below to the right is where I started shooting that day. I took 46 shots and used 3 different backgrounds to create that 'effortless' shot.

