

# HEADSHOT

## SESSION GUIDE



PORTRAIT PHOTOGRAPHY



MELBOURNE, AUSTRALIA



Nail the crucial *first impression*

Headshots  
showcase your  
**personality**  
so you can  
*stand out* with  
**confidence**

# PROFESSIONAL HEADSHOT PHOTOGRAPHY

# PACKAGES

## BRANDING

\$550

45 minute session  
Studio or Location  
20 photos retouched  
Online gallery  
*Unlimited outfits*

## CORPORATE

\$250

15 minute session  
Studio only  
2 photos retouched  
Online gallery  
*Up to 2 outfits*



## EXTRA PHOTOS

Upgrade your package with additional images, chosen via your online gallery.

\$50 per photo  
\$450 per 10 photos

ALL PRICES ARE GST-INCLUSIVE  
ALL IMAGES DELIVERED IN HIGH RESOLUTION.

# HOW TO MAKE THE MOST OF YOUR SESSION

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## *Consider the **context** of your photos*

What is the nature of your work? Who are your target audience? How do you want to be perceived? Your headshot provides an important **initial impression**. Your body language and facial expression play a crucial role in how a viewer will perceive you.

Most importantly, your photos should **reflect your personality**. An intense, high-level CEO might opt for a photo on-location, with a severe expression and crossed arms, while a creative artist can go for a more relaxed pose against a colourful backdrop in the studio, perhaps incorporating a prop or tool of trade.

## *Focus on **what you can control***

We can often feel self-conscious about parts of ourselves but try to ignore the negative self-talk and **be kind towards yourself**. Posing does not come naturally to most people. Even seasoned actors can feel awkward with a camera pointed at them for a headshot!

The truth is, your **body language and expression** are the most important aspects *within your control*, and will be the first thing a viewer notices when they see your photo, *not* your perceived flaws.

## *Experiment with **different poses***

The same pose that makes someone feel amazing might feel awkward for someone else. **Don't be afraid to try different poses** to see what feels comfortable. Move around to give your body a chance to relax into the poses without stiffness or tension, and let your photographer direct you into position.

***Tip:** You can soften a more serious pose with a friendly expression. A big smile always makes you look approachable, no matter the pose.*



# POSE IDEAS

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Let your photographer guide you and remember, **good posture is key** to a confident and flattering pose.



HAND ON HIP



HANDS IN POCKETS



ARMS CROSSED



USE A PROP



HANDS IN LAP



LEANING



HANDS IN FRONT



SIT DOWN LEAN



CROSSED LEG

## WHAT TO WEAR

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### *A neutral colour palette*

Neutral, muted colours are the most versatile. Steer away from patterns, busy prints, neon colours, and brand logos. These can be distracting and can potentially clash with certain backgrounds or look jarring beside your colleagues' photos on the company website.

### *Dress like yourself*

Wear something that reflects your personality. It is important that you feel comfortable and authentic in your outfit. The photos will feel more genuine and you will feel more confident and relaxed in front of the camera when you love what you are wearing!

### *Let your work inspire you*

Consider the nature of the role you are in or aspiring to be in. Your job will help you decide the level of formality you need for your clothes. You can bring a jacket or blazer to wear over your outfit for an additional, more formal option.



## BEFORE YOUR SESSION

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- ✓ Steam or iron your outfits so they are wrinkle-free.
- ✓ Go for a natural makeup look that enhances your features.
- ✓ Ensure your fingernails are clean and manicured.
- ✓ Remove fingerprints and smudges from your glasses.
- ✓ Keep accessories simple and minimal.
- ✓ Empty your pockets and remove any hairties on wrists.
- ✓ Arrive a few minutes early to your session location.

Remember to **have fun**  
and trust your photographer!

*It's not the photographer who makes the picture,  
but the person being photographed - Sebastiao Salgado*





**ARE YOU READY TO  
BOOK YOUR SESSION?  
CONTACT US!**

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