

ALEX ORROW PHOTOGRAPHY

**Portrait Pre-Shoot Guide,
Session Guidance
& Looking Your Best Tips**



mobile. 07768152787
email: alex@alexorrow.co.uk
www.alexorrow.co.uk
LinkedIn ↑ Instagram

Contents:

PORTRAIT PRE SHOOT GUIDE	3
<i>Clothing</i>	3
<i>Looking your best tips</i>	3
<i>Posing</i>	3
<i>Useful Items</i>	4
GUIDE TO FEELING COMFORTABLE IN FRONT OF THE CAMERA	5
Overcoming Portrait Anxiety:	5
Making the Most of Your Experience:	7
Portrait Session Guidance for Those Who Love It	9



PORTRAIT PRE SHOOT GUIDE

Corporate headshot photos are generally cropped about half way between your chin and waist. But the final crop could be closer than this. Lighting is usually frontal from one side sometimes with soft back light.

Clothing

Your photos should reflect your personality, so I always encourage people to wear what they'd typically be seen in by colleagues and clients, keeping in mind the expectations of your sector and audience. The aim is to create an authentic and professional image that aligns with your organisations brand, ethos and how you present yourself in your everyday customer or colleague facing interactions. Please see below ['Guide to Feeling Comfortable in Front of the Camera'](#)

- Should be neutral and coordinated. Its better to opt for darker tones of either blue, black or greys (reds, blues, yellows are fine also)
- A white shirt or blouse with a dark plain suit jacket and plain blue/red/yellow tie is the best choice.
- Its better to avoid stripes and busy / loud patterns. Including clothing with patterns on the inside lining or inside collars etc. Avoid wearing cardigans and avoid jumpers/fleeces worn over clothing.
- Bring a choice of jacket and tie. Clothing should be ironed and if possible bring a fresh shirt to avoid creases. If you usually walk or cycle to work and the weather is windy and wet try to arrive in time to sort out any hair or clothing issues which might result because of the weather.

Looking your best tips

- Try to get hair cut/styled as close to the shoot as possible. For men a shave on the day. For women bring hair clips / bands ties etc in case needed.
- Try to get an early night, stay hydrated but avoid caffeine and hot drinks on the day and immediately before your photograph as this can make you sweat and look flustered. Eat a light meal before the shoot.

Posing

Posing isn't something you need to worry about or overthink. I'll guide you through the entire process so you feel comfortable and at ease. Most of the time, I'll just ask you to make small adjustments, like moving your head slightly from side to side, so I can capture a range of angles. The goal is to keep things natural and relaxed, ensuring I get the best possible shots



Useful Items

A small mirror,

Make up - that you would normally use.

Hair brush,

hair clips / bands

hair spray

Sticky roller to remove hair etc from clothing



Guide to Feeling Comfortable in Front of the Camera

Overcoming Portrait Anxiety:

I understand that having your portrait taken can feel daunting, especially if you're not used to being in front of the camera. But don't worry—my goal is to make the experience enjoyable and stress-free. Here's how I help ease your nerves and ensure you feel confident during your portrait session:

1. Get to Know Your Photographer

Building a connection with your photographer is key. Before your session, I take the time to chat with you, understand your preferences, and discuss what you'd like to achieve with the portrait. This way, you'll feel more at ease knowing that I'm on the same page.

2. Wear What Makes You Comfortable

Choose an outfit that makes you feel your best—something comfortable that reflects your style. When you're comfortable in what you're wearing, it helps you relax and focus on feeling confident in front of the camera.

3. Guidance on Posing

You don't need to worry about how to pose. I'll guide you through natural and flattering poses, giving gentle direction while keeping the atmosphere relaxed. You'll never feel rushed, and there's no pressure to 'perform.'

4. Take Breaks if Needed

Feeling overwhelmed? It's okay to take a break. My sessions are designed to flow at your pace, giving you the time to pause, breathe, and get comfortable again if you start feeling anxious.

5. Relaxation Techniques

I encourage you to take a few deep breaths before and during the session. This helps relieve tension and ensures your facial expressions are relaxed and genuine. I can also suggest mindfulness techniques to help ease any anxiety.



6. Focus on the Fun Side

Portrait sessions are meant to be an enjoyable experience! I keep things lighthearted and fun, so the process feels less like a formal event and more like a creative collaboration. By the end of the session, you'll feel more confident and at ease in front of the camera.

7. Trust the Process

Remember, I'm here to make you look your best. My years of experience in portrait photography mean I know how to capture your most authentic and flattering self. You can trust that I'll highlight your best features and create portraits you'll be proud of.

Let me help you create a portrait that reflects the real you—confident, comfortable, and relaxed. With my expert guidance and friendly approach, your portrait session will be something you look back on with a smile.



Making the Most of Your Experience:

If you're not particularly anxious about having your portrait taken but still want to ensure everything goes smoothly, this guide will help you feel prepared and confident for your session. Whether you're laid-back or indifferent about the experience, these tips will help you get the best results with minimal effort.

1. Know What You Want

Even if you're relaxed about the session, it's good to have a sense of what you're hoping to achieve. Think about the purpose of the portrait: Is it for work, social media, or personal use? Sharing your preferences with the photographer helps ensure the final result aligns with your vision, even if you don't have strong opinions going in.

2. Stay Comfortable

You don't need to overthink it—wear something that feels like 'you.' Whether it's smart or casual, the key is that you feel comfortable. When you're comfortable, it naturally comes through in the photos, making for a more authentic portrait.

3. Be Open to Direction

Even if you're easygoing, you may still appreciate a bit of guidance on posing. I'll offer subtle tips on how to stand, where to look, or how to angle your body to make the most of the shot. With my light direction, I'll capture you in the most flattering way, without making things feel staged or stiff.

4. Relax and Enjoy

Since you're not too worried about the outcome, this is your chance to enjoy the process. Portrait sessions can be fun and relaxed, and by going with the flow, you'll end up with natural-looking photos that reflect your personality.

5. Trust the Photographer

You may not be overly concerned with the specifics, but trusting your photographer's expertise will make all the difference. With years of experience, I know how to capture your best angles and create images that look professional and polished. You can sit back, relax, and let me do the work.



6. A Quick and Efficient Process

If you're the type who prefers to get things done quickly, I can keep the session short and efficient. I respect your time and will work to get the best shots with minimal fuss—so you can be in and out without it taking up too much of your day.

Whether you're here for a formal headshot or just updating your profile picture, my aim is to make the process straightforward, comfortable, and even a little fun. I'll take care of the details, so you can focus on being yourself!



Embrace the Spotlight:

Portrait Session Guidance for Those Who Love It

You love being in front of the camera, and I'm here to make sure your portrait session is as enjoyable and dynamic as you are. Here's how to get the most out of your time in the spotlight and ensure your portraits reflect your energy, enthusiasm, and personality!

1. Bring Your Ideas

You've got style, and I want to capture it! Whether you have a clear vision for your portrait or love to experiment, I'm here to collaborate. Feel free to share any ideas or inspiration you have—this session is all about bringing your creativity to life.

2. Express Yourself

You're comfortable in front of the camera, so this is your time to shine. Feel free to bring all your personality into the session—whether it's playful, serious, bold, or relaxed. Your energy and enthusiasm will help create dynamic, expressive portraits that feel uniquely you.

3. Wardrobe Choices

Go all out with your wardrobe! If you love fashion or want to play with different looks, bring a few outfit options to switch things up during the session. From formal to casual, bold to understated—let your wardrobe reflect your excitement for the experience.

4. Be Bold with Poses

Since you love the camera, don't be afraid to experiment with different poses and expressions. I'll capture a range of shots, from classic to creative, and you'll have the freedom to move, interact with the space, and play with angles. This is your moment to get creative and showcase your best self.

5. Let's Make It Fun

Your enthusiasm is contagious, and I'll match it by keeping the session upbeat and fun. I'll work together to create an environment where you can feel confident, relaxed, and excited about the results. Think of it as a collaboration, where I create something vibrant and energetic together.



6. Capture Your Best

You love the process, and I love that energy! With my expert guidance and your natural ease, I'll ensure your portrait reflects your best angles and personality. I know how to bring out the authenticity in your expressions, while capturing every detail to make sure you shine.

7. The Spotlight Is Yours

If you're having a blast, why stop at just one look? I can try a variety of settings, lighting, and poses to capture the full spectrum of your personality. The more fun you have, the more it will come through in the final images—and I're here to make sure every shot is a winner.

Love being in front of the camera? Your portrait session will be a fun, exciting, and creative experience that lets you showcase exactly who you are. Let's capture your energy and enthusiasm with portraits that are as bold and dynamic as you.





mobile. 07768152787
email. alex@alexorrow.co.uk
www.alexorrow.co.uk
Linkedin | Instagram