

# PORTRAIT POSING

## GENERAL GUIDELINES AND TIPS

### Figure out what's important

You picked your subject, what are you trying to communicate about them? What makes them interesting or unique?

Make sure that is your focal point. Whether it is their bold approach to life, their fun and adventurous side, a talent, or their calm dedication. Figure that out and build your shoot around those answers.

Remember: Portraits are pictures of people not necessary pictures of peoples faces



### Try to put them at ease

Spend some time getting them comfortable, even if just for a minute or two. Compliment them or just talk to them, ask them questions about themselves. Give them direction, have a solid idea for your shoot. If they are uncomfortable do something else

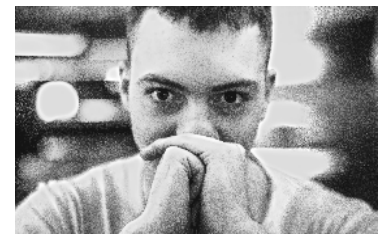
### Let them have a say



Remember you are trying to capture something about them, if they feel like sitting, laying or standing, fine! Be adaptable!

### Pay attention to backgrounds

Look for distracting elements in your background. Bright colors that will stand out, words or signs. If you can't move the object pick a different shooting angle to eliminate it. Avoid posts or lines through your subjects head or body. If the background is not important then choose a use a wide aperture to blur to out.



Remember: Its much easier to eliminate background distractions in camera vs. in Photoshop!!!!

### Be Creative



Foreshortening when one part of the subject is extremely close to the camera with the rest of the body behind it.



### Framing

Choose what is in the picture and what to exclude sometimes we really only need part of a subject

Use an element from the environment to act as a frame for the subject