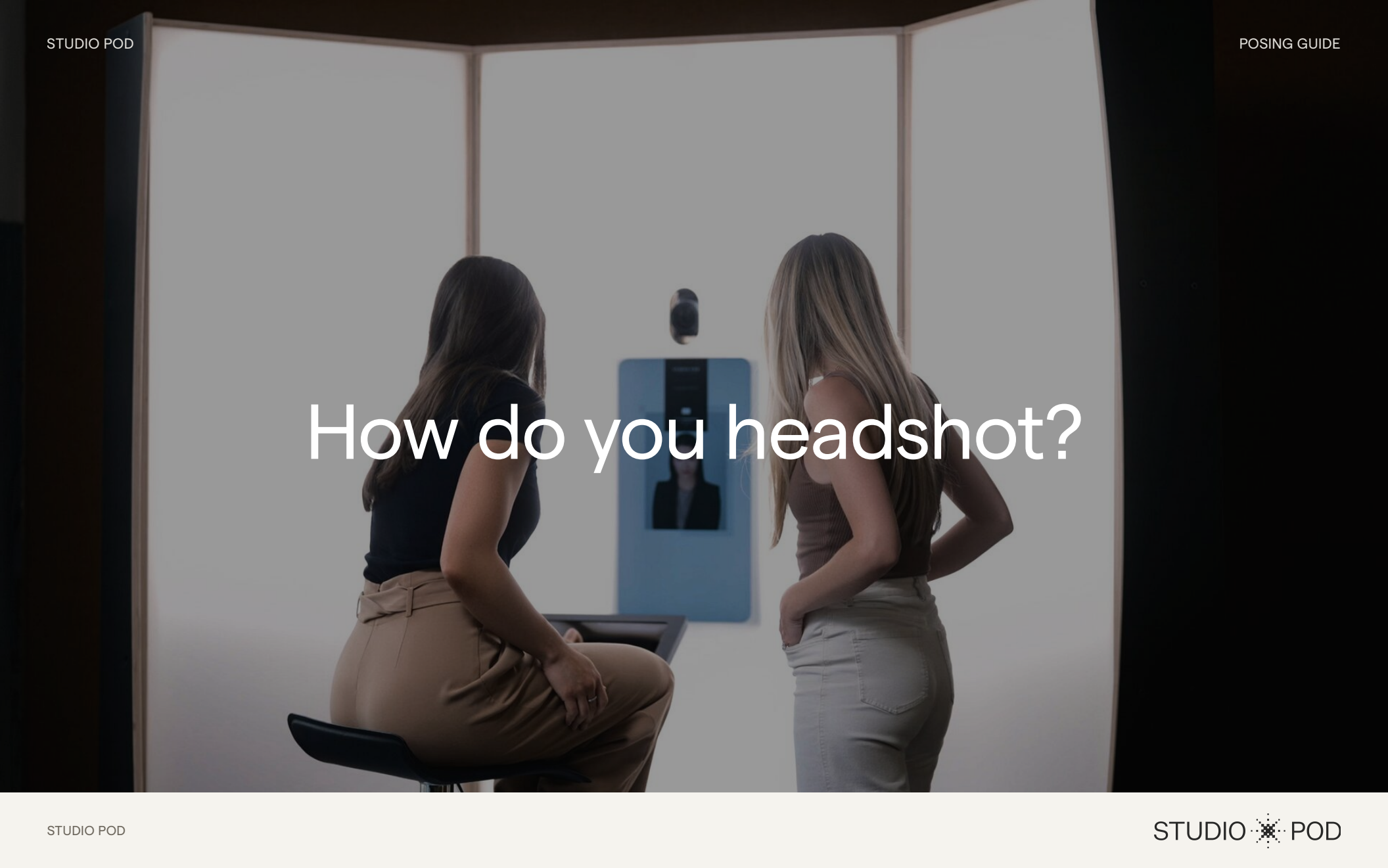


How do you headshot?

A photograph of two women in a modern, white-walled studio pod. One woman with long dark hair is sitting on a black stool, wearing a black top and tan trousers. The other woman with long blonde hair is standing, wearing a brown top and light-colored jeans. They are both looking at a large screen in the center of the pod, which displays a headshot of a woman. Above the screen is a small, circular camera or light fixture. The overall atmosphere is professional and minimalist.

1

Our suggestions

These are suggestions and inspiration for poses you can try during your session. Make them your own, or do your own thing entirely.

2

Have fun with it

Headshots don't have to be boring. We'd encourage you to get creative and let your personality come through.

Turn your body to the left or right



Rotate your chair and capture different angles with each click. Try turning both ways from centre to find your favourite side.



Crossed arms read as confident. Check your sleeves and collar afterwards so the look stays clean.



A genuine smile is the difference between a photo you use and one you hide. Think of someone you like walking into the room.



Try a soft smile with no teeth. It reads calm and self-assured, and it photographs well at any age.



Let loose. A headshot that shows some personality is the one people remember.

1

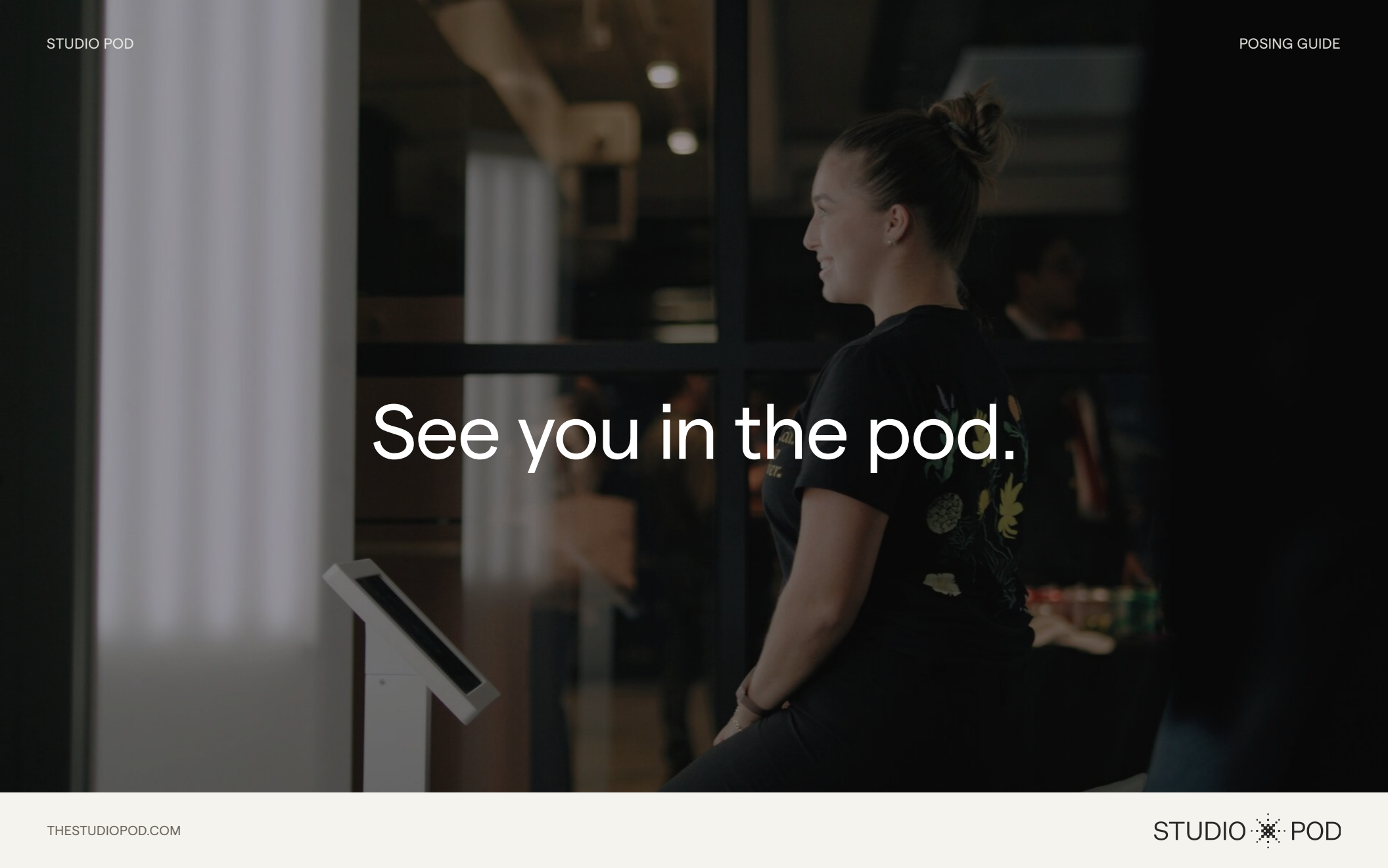
Practice first

Try a couple of these in a mirror before you sit down. Thirty seconds of practice is the difference between the first frame and the one you keep.

2

Then take your time

You get retakes. Use them. Nobody's waiting on you, and the first frame is almost never the best one.

A woman with her hair in a bun is sitting on a treadmill in a gym. She is looking out a large window, smiling slightly. The background shows gym equipment and a bright light source, possibly the sun. The text "See you in the pod." is overlaid in white on the image.

See you in the pod.