

Pose & Expression Checklist

For Confident, Professional Portraits

Before the Shoot

- Choose your outfit (simple, solid colours work best)
- Check your grooming (hair, glasses, collar, etc.)
- Practice posture in the mirror—shoulders relaxed, back tall
- Think of a few words that describe how you want to appear: (e.g., approachable, confident, calm)

Poses to Try

- Classic head & shoulders
- Angled body with face toward camera
- Hands loosely in lap or folded in front
- One foot slightly forward for natural balance

Facial Expression Tips

- Soft smile (think: “smile with your eyes”)
- Natural resting face (not forced or stiff)
- Breathe and blink gently between shots
- Think of something that genuinely makes you feel proud or happy

Confidence Boosters

- It's okay to feel nervous—your photographer will guide you
- You don't need to be perfect—you just need to be you
- Take a deep breath and exhale slowly before each shot
- If in doubt: stand tall, soften your face, and trust the process

