

INSTRUCTIONS FOR THE SHOOT

Come to the session ready: Come how you would like others to see you. This seems obvious but in practice it is not so obvious, believe me.

Meditate a little on your image and prepare those details that you might not normally take into account due to lack of time: check your hands, your hairstyle, moisturize your skin, iron your clothes,... these are small details that make a difference.

You are going to be a STILL IMAGE and everything is perceived. In video or direct contact, some things could go unnoticed but NOT in photos: the lack of a button, a narrow shirt, a jacket that is too big for you... it is magnified. Everything defines us, both what is there and what is not.

You can use one wardrobe or several. We will have an iron ;-) for those who carry a change of clothes in their backpack.

ASK HOW YOU IMAGINE YOURSELF

There are four factors to highlight, you can choose one or more.

1. **STUDIO BACKGROUND**
2. **NATURAL BACKGROUND** (Exteriors and natural light)
3. **URBAN BACKGROUND - CITY** (Exteriors and natural light)
4. **STYLING**

Studio background, which is neutral. Generates a cleaner and more objective image. Here your look is the key to everything.

Natural or nature background. It gives a more intimate image and for certain professions it may be the ideal, although all are compatible with each other.

Urban background - city. This may be the one that speaks the most about us, because we all function in urban environments. Here, the look, the styling and the body language form an explosive tandem. Perhaps it shows more eloquence than the other two options, or if desired, a gritty strength.

Our **styling**. It is very important that you stop to weigh this point to achieve a good result. I've made a small list of outfits for you to give it some thought. Some will fit your profile more than others, so it is very important that you feel comfortable with the image you decide to give. The image you give should resemble who you really are; this authenticity will give you credibility and assurance.

A good portrait is nothing more than that, that what it shows is the reflection of who is hiding behind it. You can find infinite styles that will more or less fit you, discover them. Here is a small list of them: classic, sporty, romantic, boho, fashion, hipster, minimalist, urban.

From my point of view there is no one better than another for your profile picture - just choose the ones that align the most with you and your niche. Some are more conventional than others. You can decide and never forget that you CAN make a difference.