



Posing Guide

Learn how to pose for your own
DIY Branding Images

By Melissa Reid

melissareidphotography.co.nz



Congratulations!!

On taking a step towards learning how to pose for
your DIY Branding/Head-shot Images

Posing Guide

Learn how to pose for your own
DIY Branding Images

By Melissa Reid

A Few Things To Consider Beforehand

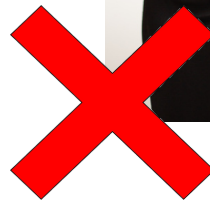
- Your clothes, you want to be able to see your waist, so some dresses may not be suitable, they can make you look bigger than your are.
- Make sure you have great lighting, natural light is best, but not directly on the person.
- Camera Angle, try and hold the camera at shoulder or eye height level
- Try and make sure there isnt too much busy ness going on in the background
- Lastly, frame the person in the center of the screen/picture.



Posing Guide - By Melissa Reid

Posing Hands

Gentle Hands
Ballet Hands



Posing Hands

Try Something a little
Different,
But Keep it Relaxed



Posing Guide - By Melissa Reid

Arms

Allow your Hands and Fingers
to be Seen



Against a Surface

Don't Sit on the Surface
Leaning or Pretending is Key



Hand Under The Chin

Mind the Fingers,
try not to point the
finger or fist your hand
Soft and Gentle



Half Turn

Chin up. Take Your Jacket off.
Make yourself comfortable
and Relaxed



Against a Wall

Leave room Between you
Hip and the Wall.
Remember your hands.
Closed hands in uneviting



Most importantly, have fun, LAUGH LOTS

Be natural, laugh with
yourself



Posing Guide - By Melissa Reid