



Love Your Image: Top tips when being photographed

Hi, I'm Penny Morgan and excited to share a few valuable tips, for you to take away and use anytime and anywhere.

It's worth noting - photography is very subjective and individual and there are many reasons people don't like being in front of a camera. One of them is the lack of control over what is being captured. Well you may have a little more of this than you think - here are a few general points to help.

1 - Time - if working with a professional, give yourself plenty of time to arrive and prepare, so you are not rushed, flustered and already overheating. A good professional photographer should guide you all the way through.

2 - Angles - standing straight towards the camera is often not the most natural and appealing position. Different angles from all directions is how the rest of the world sees us. We only see ourselves, usually in a mirror from a more limited perspective. Straight away, to see a photograph of ourselves can be a bit alien, as in our eyes it's back to front. For half or full length photographs, the optimum angle to camera is 45 degrees. The 'over' angled pose will not look natural and distort how you appear ... avoid at all costs!

3 - Lighting - can be your friend ... and your foe, when you are looking for a flattering, even effect. Outside, avoid harsh overhead sunlight even in winter. Avoid hard overhead indoor lights, such as fluorescents. Look for soft, diffused light perhaps under a tree, an awning or conservatory. If you are taking a 'selfie', move around where you are and watch the light change across your face on your screen,

according to where you are, inside or outside. You will soon see the difference in hard and soft light and therefore a more flattering appearance.

4 - Limbs - what to do with your arms and how to sit or stand can make a difference to being comfortable, and feeling at ease and relaxed is part of that. Avoid rigid straight arms, as they can be a cause of tension to your shoulders. Perching on a chair/sofa arm can be a good place to be seated. When standing, share your weight evenly, or, place your weight on your back foot and allow the other foot to comfortably be placed, pointing to the front. Linking arms, or having an arm around a friend or family member can be quite a favourite for a spontaneous natural pose.

5 - Groups - the most common situation that can be sprung on us at short notice, are group photographs, especially at family and friends gatherings, weddings, parties and the like. Rather than trying to melt into the background, stand approximately 45 degrees to camera. Resist the urge to talk to your neighbour so you're not caught with your mouth open and looking away. Allow your focus to be on the happiness of the event and bring a smile to your face ... AND watch the person with the camera. They are unlikely to give you any idea when the photograph is being taken!

6 - Remember - a photograph captures a split second in time and if you see one image of yourself that isn't to your liking, it DOESN'T mean you can't take a good one. EVERYONE can take a good photograph.

To find out more, book in for a FREE 'Review Your Image' session

<https://loveyourimage.co.uk>

To contact me - email: help@loveyourimage.co.uk or, phone: 01379 783870