



PHOTOGRAPHY BY JOE'S CONFIDENT POSING GUIDE

a reference to help you look and feel your best
during your portrait session

Relax & Breathe: don't hold your breath! Sometimes we do it subconsciously when we're nervous or unsure of ourselves. Take a deep breath, relax your shoulders, and be yourself.

Tall Posture: be sure to stand up straight with your shoulders back and chest up. Having good posture makes you look much more confident on camera!

Movement: you do NOT have to stand completely still, I actually discourage stillness! Feel free to shift your weight, adjust your clothing/hair, change up your arms, etc.

Personality: feel free to laugh, vibe to some music, crack a joke, whatever you gotta do to just BE YOURSELF.

Communicate: if a pose feels awkward, let me know. I'll help guide you into something that feels right.

Have Fun: candid energy creates super authentic, beautiful images!

Trust the Process: I'll let you know when adjustments are needed, or if a pose needs changed up.

