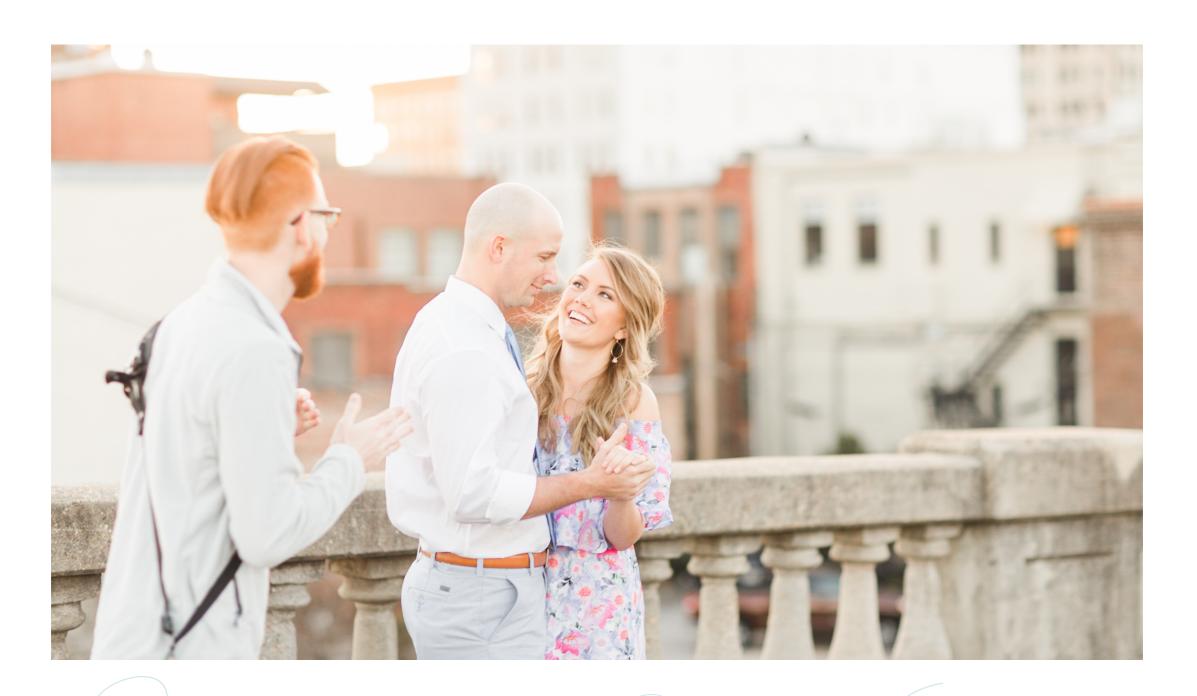
JOYFUL POSING

with Alex & Sara Lucas - AL Weddings

HEY Y'ALL!

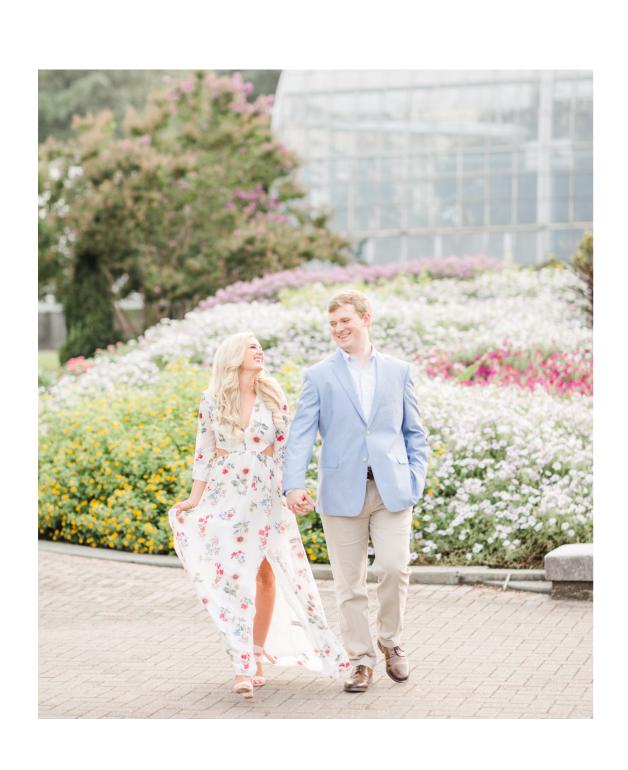
- Who are we you ask?
- We want you to learn a
 joyful & stress free
 experience because for us
 this is when we started to
 grow.
- Communication to Posing





PREPARING YOUR CLIENT

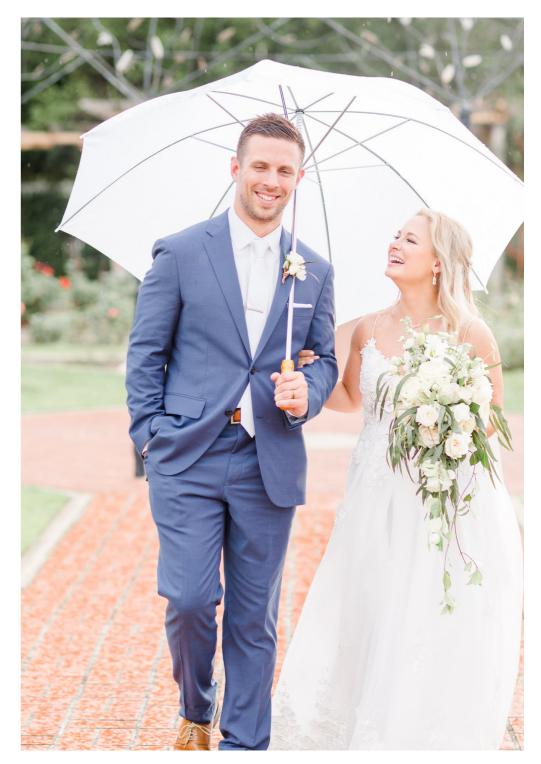
COMMUNICATION BEFORE



- Set Expectations
 - What time? Where?Traffic or Parking Issues?
- Help them with planning, clothing options, locations, etc.

COMMUNICATION DURING

- Give an intro about expectations & flow of the session.
- "I'm going to tell you
 everything you need to
 know; you are here to have
 fun & enjoy each other"



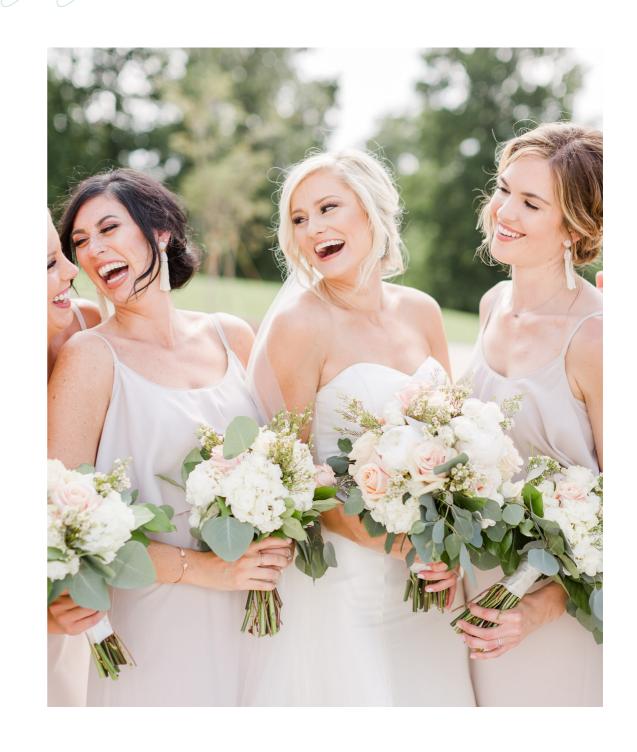
ENCOURAGE



- Build Self Confidence
 - Use positive word cues
 - OH MY GOSH! This is great!
 Beautiful! YES!
 - Always tell them how great they are doing
- Once you have them placed & doing what you want don't forget to continue to talk to them.



- Keep Energy High
 - Continue to be excited
 - · Create laughter even if it's just you
- Positive No Matter What
 - If it's not exactly what you asked for that's okay.
 - Keep working through the pose by continuing to take pictures and alter little by little.







- When Talking Gets Hard
 - Use cues like sharing a kiss & creating laughter
- Don't Forget
 - Casual conversation is totally OKAY!
 - Wedding Day or Portrait Session
 we take time to talk with our
 clients about non business things.



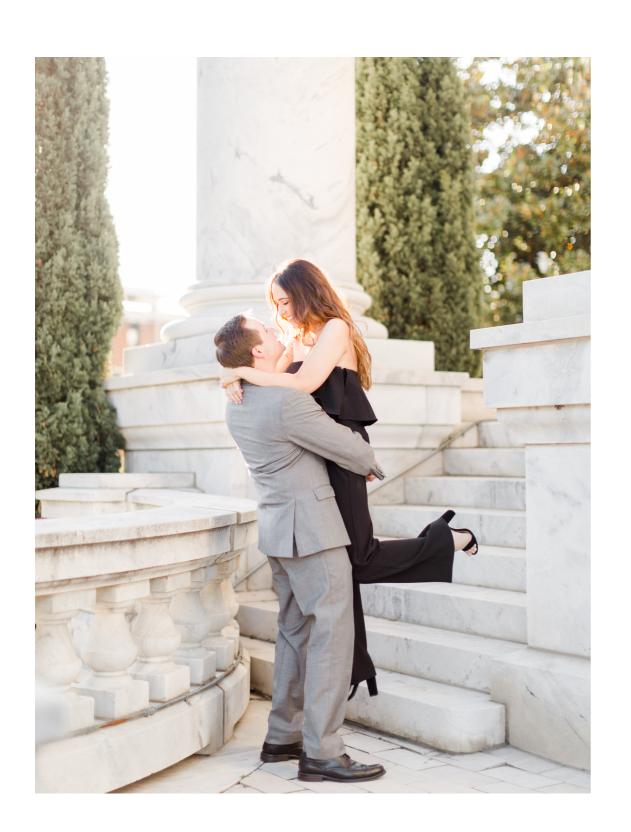
POSING-WORKFLOW



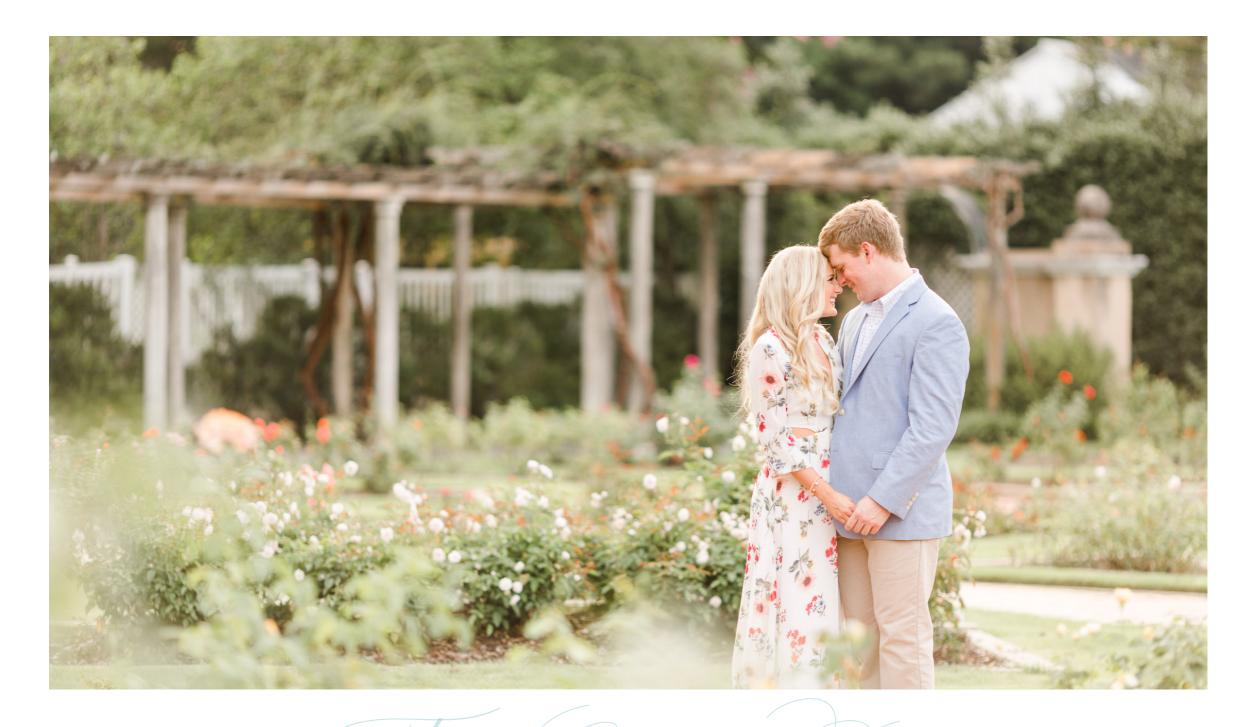
- What's Your Go To Start?
- Our Favorite
 - · Walking to warm up
 - V/T Pose starts our "circle"
- Build your own self confidence by starting at the same place every time.
- · IT'S OKAY!
 - · This is a first for them but not for you!
- Memory
 - Remember 3 and then build to remembering 4.
 Don't feel pressured to use every single pose every single time.







- Stick with what you know
 - Our go to easy awkward killing cues walking, laughing, kissing
 - Let some time pass & try whatever caused the hiccup again
- · Remember:
 - Get your "must haves" & then focus on more creative items.
 - We all get awkward sometimes it us & sometimes it's them but it's okay we are only HUMAN.
- · LAUGH ... A LOT.

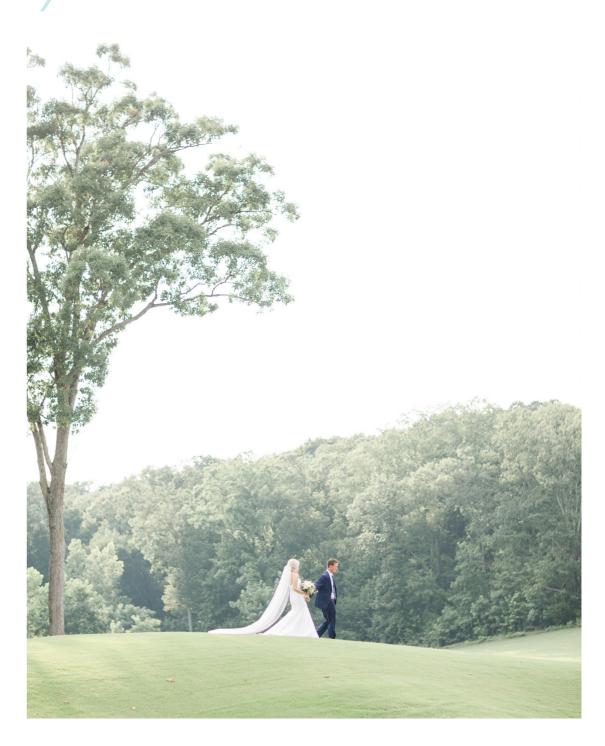


THE CORE POSES

BUM BUM BUM ... you may wanna write these down

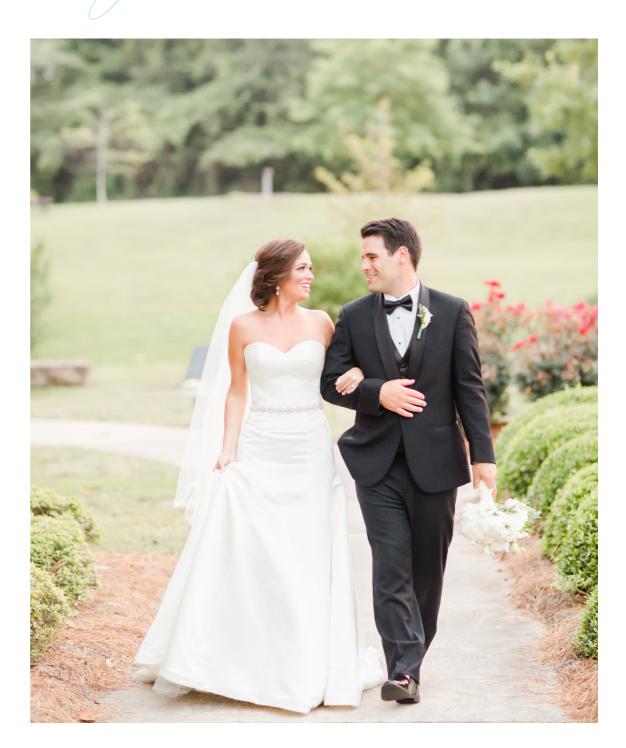
OURTOP 6

- Walking
- V/T Pose
- Chest to Chest
- Reverse V
- Stacked (Prom)
- Action Poses Dancing, Pick
 Ups, & Any Client Props

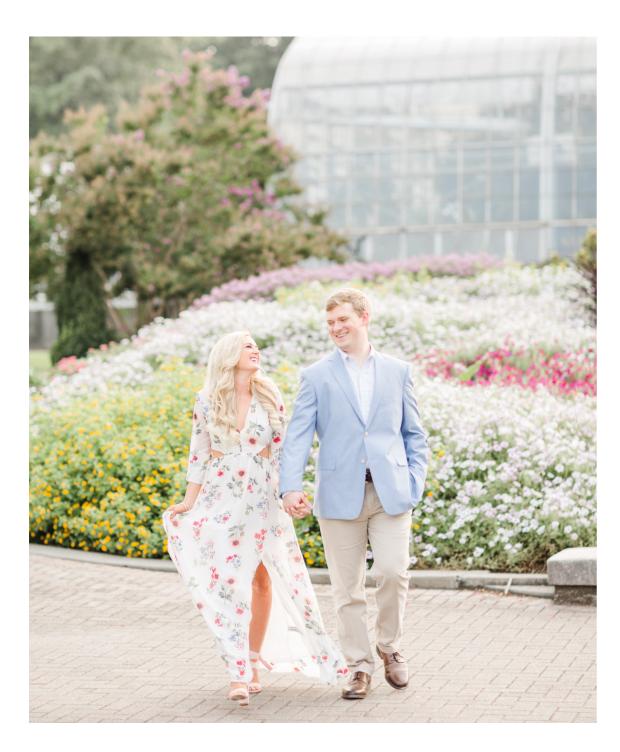


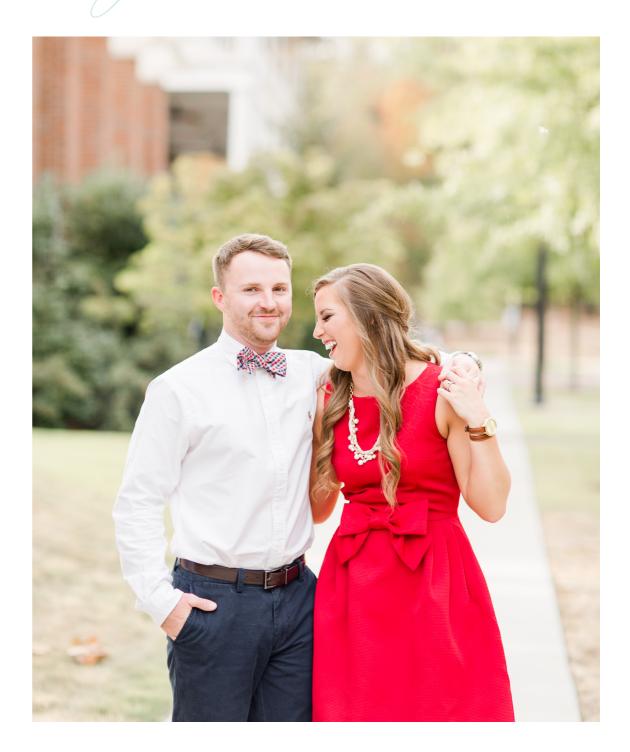


- Hand Holding
- Bicep Hold or Escort
- Casual Hip to Hip
- Can use as a stationary pose too!



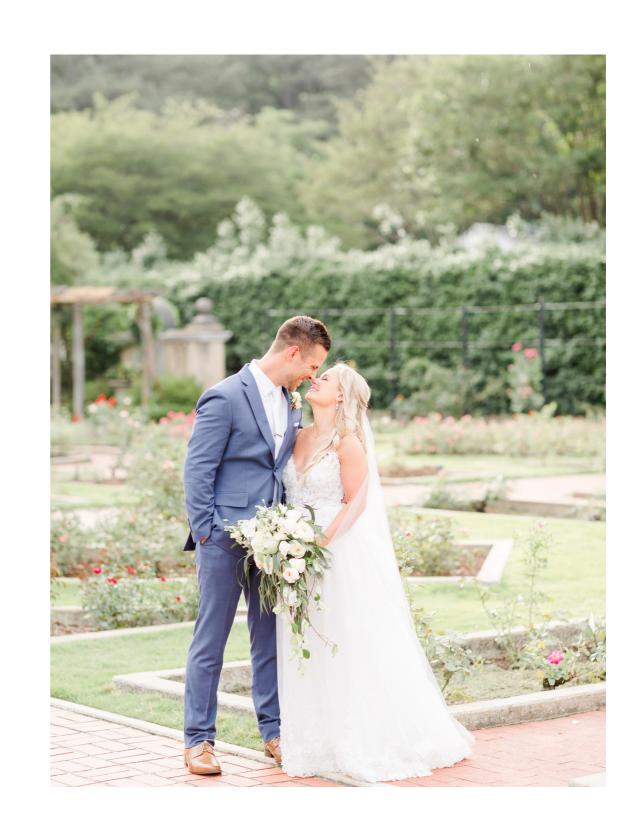




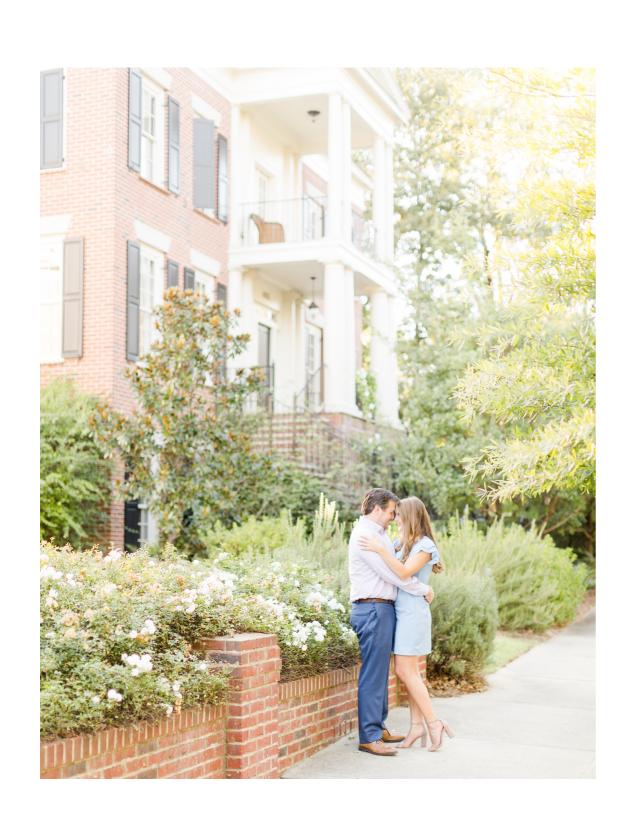


V/T/POSE

- Hip to Hip
- · OR
- Hip to Belly Button
- FAVORITE especially for formals



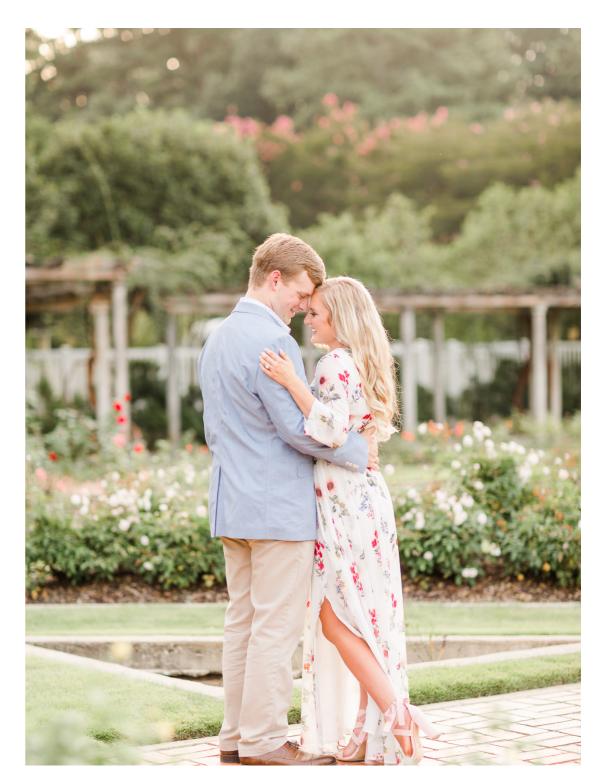
CHESTIO CHEST



• ... what more to say



- Connect the hips (closest to camera) like a hinge
- Hands can be held together and down
- · OR
- Wrapped around each other waist



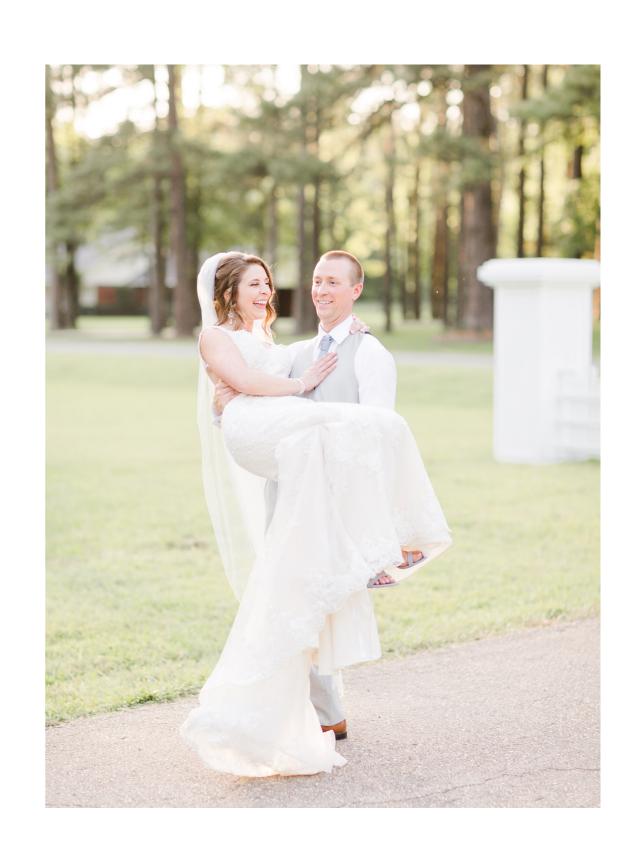




- Back to Chest
- Like the Prom pose but not:)
- Can be difficult with certain heights
- Works well as a casual style sitting pose!

THE EXTRA FUN

- Dancing (with a twirl duh)
- Pick ups
- Props like Champagne
- #popthebubbly





- · Ladies: Toe drop or Knee pop, Hair play (hers or his), Dress play
- Gents: Feet staggered / Shoulder width apart, Hand in pocket, Hand on coat, Hollywood Kiss (hand cupping jaw)
- Forehead to Forehead, Nuzzle (nose to temple), Kiss pull away smiling, Eskimo kisses, Laugh at her/him, Laugh at me, Lean towards the camera, etc. etc.
- NO SPACE IN BETWEEN POSES SQUEEZE UNTIL SOMEONE PASSES OUT



QUESTIONS?

WE ARE ALWAYS HERE TO HELP!

- 1 on 1 Mentoring
- Facetime or In Person Sessions
- With anything under the photography sun ... not just posing;)

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