

# 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.



# ENERGY

- 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.





# EXCITING TIPS



- 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



# FLOW POSING

- 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.





# AWKWARD



- 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



# OUR TOP 6

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



# WALKING

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





# WALKING





# *Photo* V/T POSE

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





# CHEST TO CHEST



- ... what more to say



# REVERSE V

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





# STACKED



- 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





# ENHANCEMENTS

- 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. 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 ;)

FOLLOW ALONG

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