

3 Steps to STUNNING PORTRAITS

Masterclass

3 Steps to STUNNING PORTRAITS

1 LIGHT



Indirect

Top Shade
Window



Door



Pillars
Tunnel

Dual Shadows

Direct



Front-Side

2 COMPOSITION



Clean/Black Background
Rule of Thirds
Tilted Camera
Framing
Different Angles

3 EXPRESSION



Head
Hands
Body
Movement
Eye Contact
Engage

1

LIGHT

Colours
Shadows
Contrast



Indirect

Top Shade

Window

Door

Pillar

Tunnel



Direct

Front-Side



Indirect

Top Shade

Window

Door

Pillar

Tunnel



Indirect

Top Shade

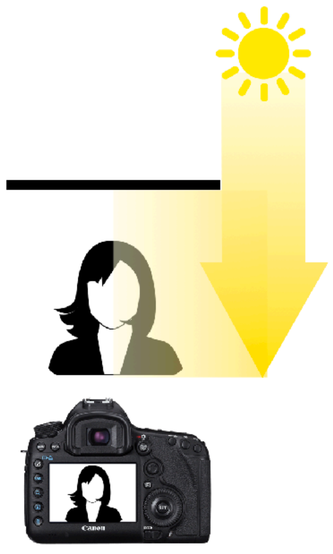
Window

Tunnel

Indirect Light



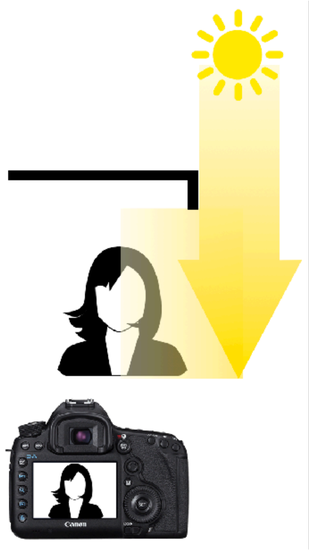
Top Shade



Window



Door



Pillar



Tunnel



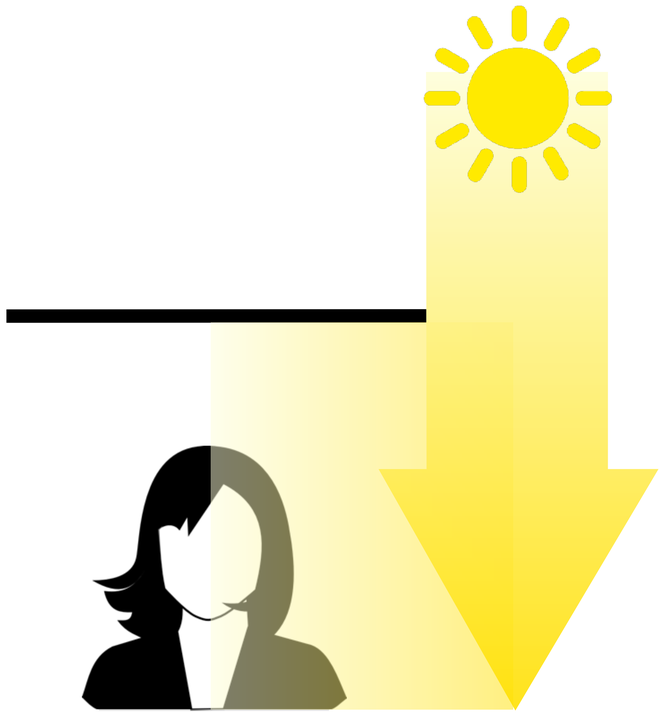
Technique 1

Top Shade



Indirect light

Top Shade






Indirect light
Top Shade
Clean Background
Low
Wide

Indirect light

Top Shade

1-3m from
direct light

Indirect light

Top Shade

Face towards light,
at slight angle

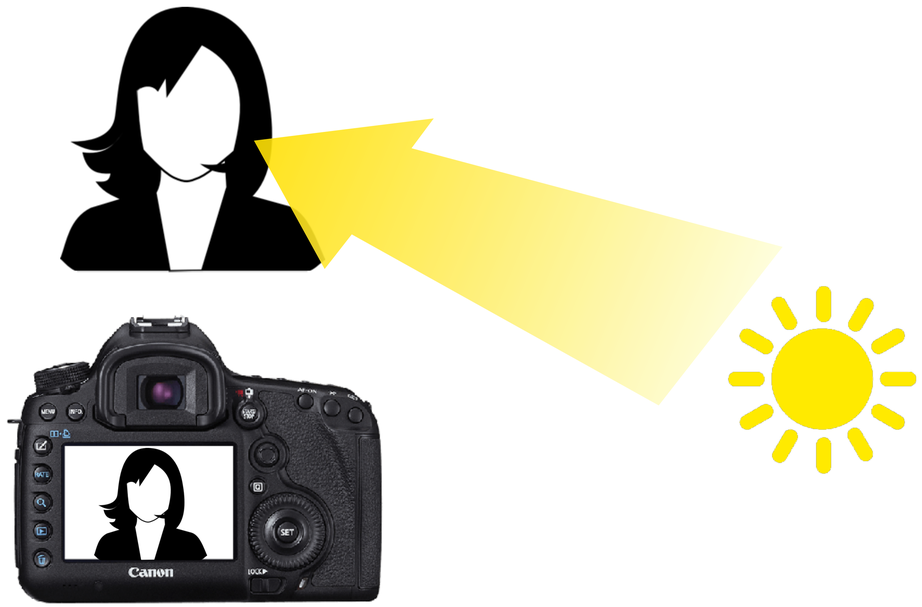
Angle of light



Women

Angle 20-30 degrees

Soft shadows



Men & Older People

Angle 40-70 degrees

More dramatic, more wrinkles

Indirect light

Top Shade

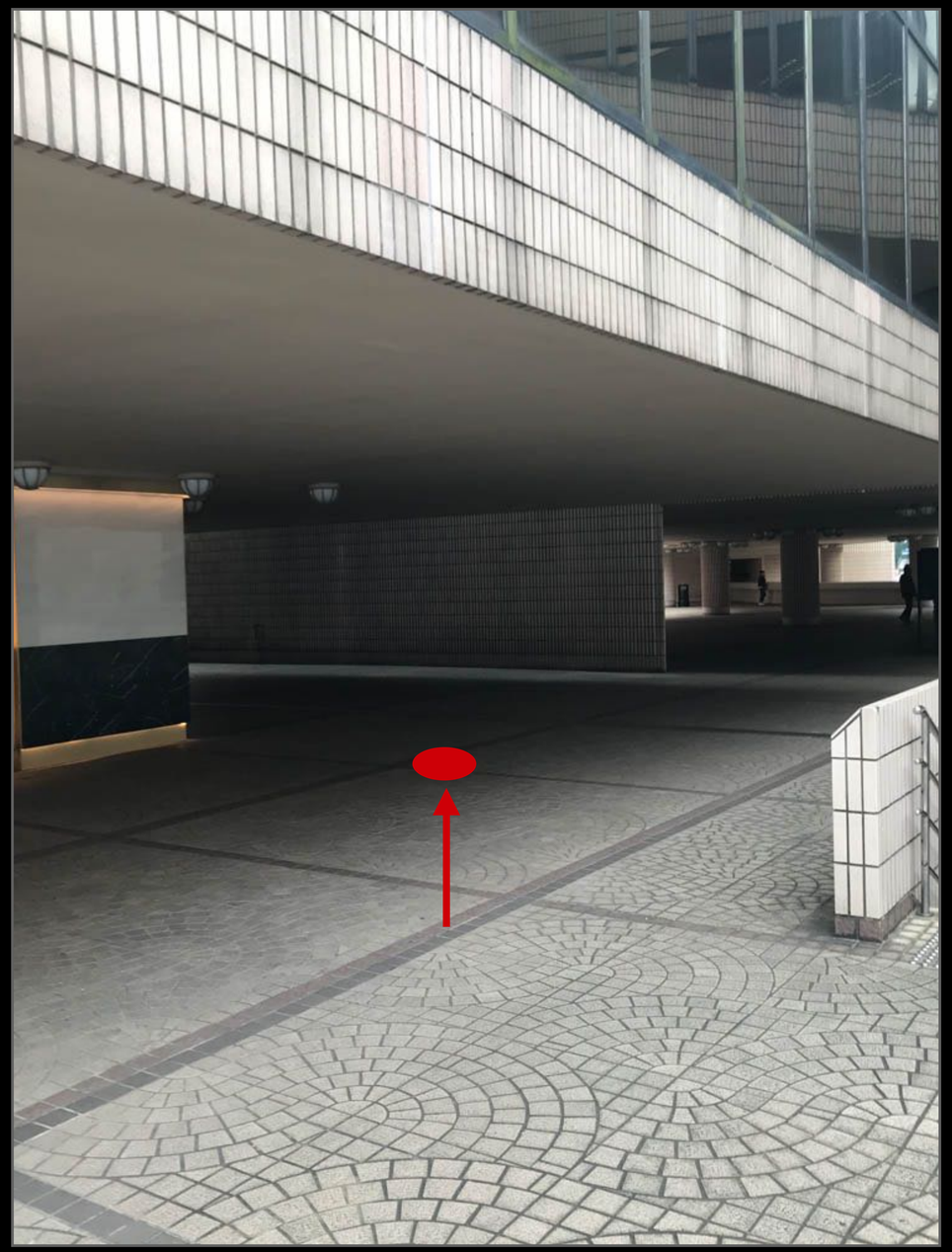
Telephoto lens
(150mm+)

Shooting
direction

Indirect light

Top Shade

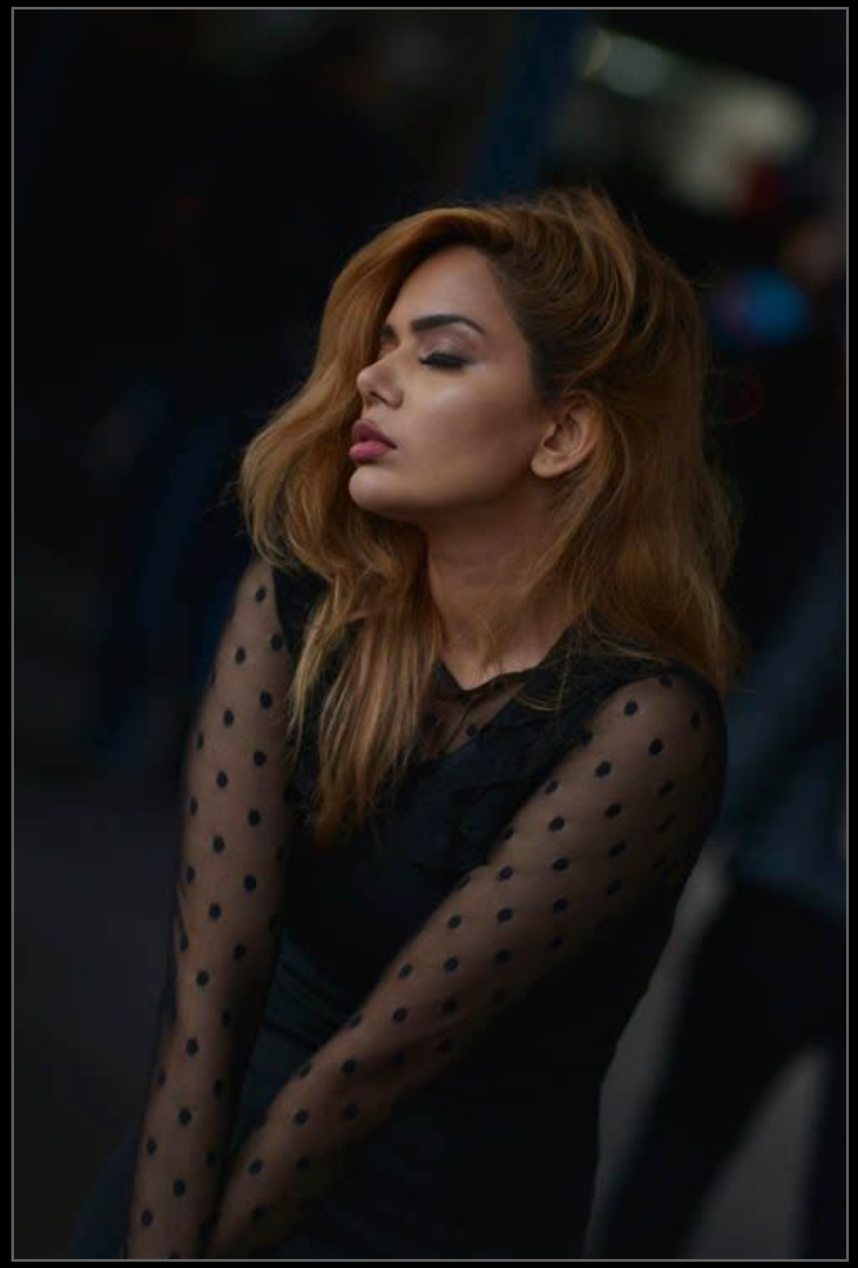
Top Shade





Top Shade





Top Shade





Top Shade





Top Shade



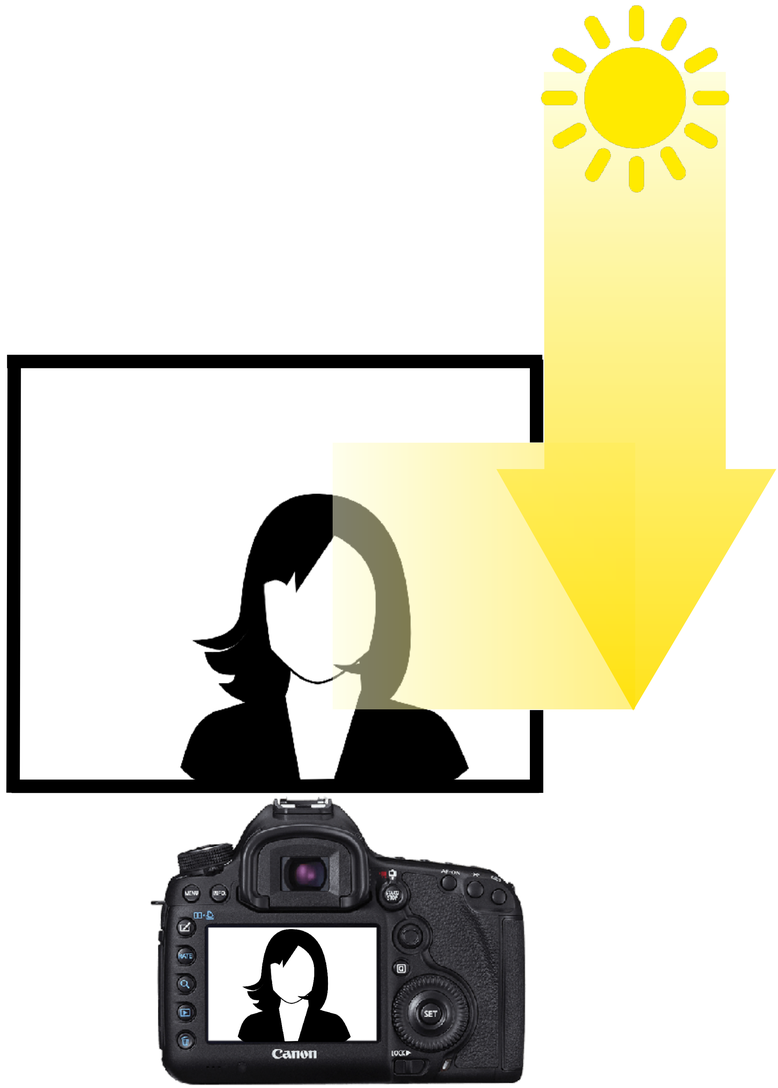


Technique 2

Window

Indirect light

Window




Shooting
direction

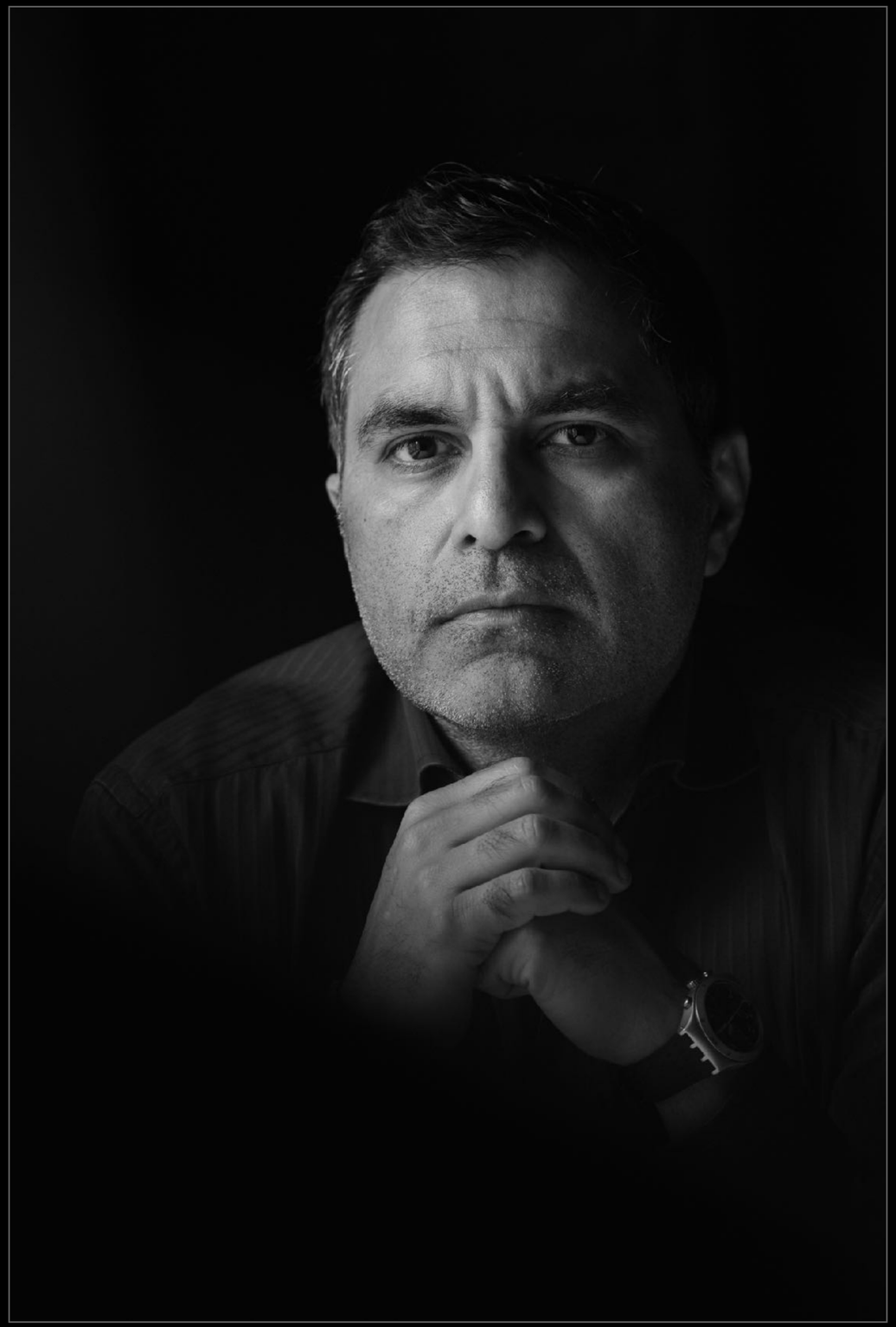
Indirect light

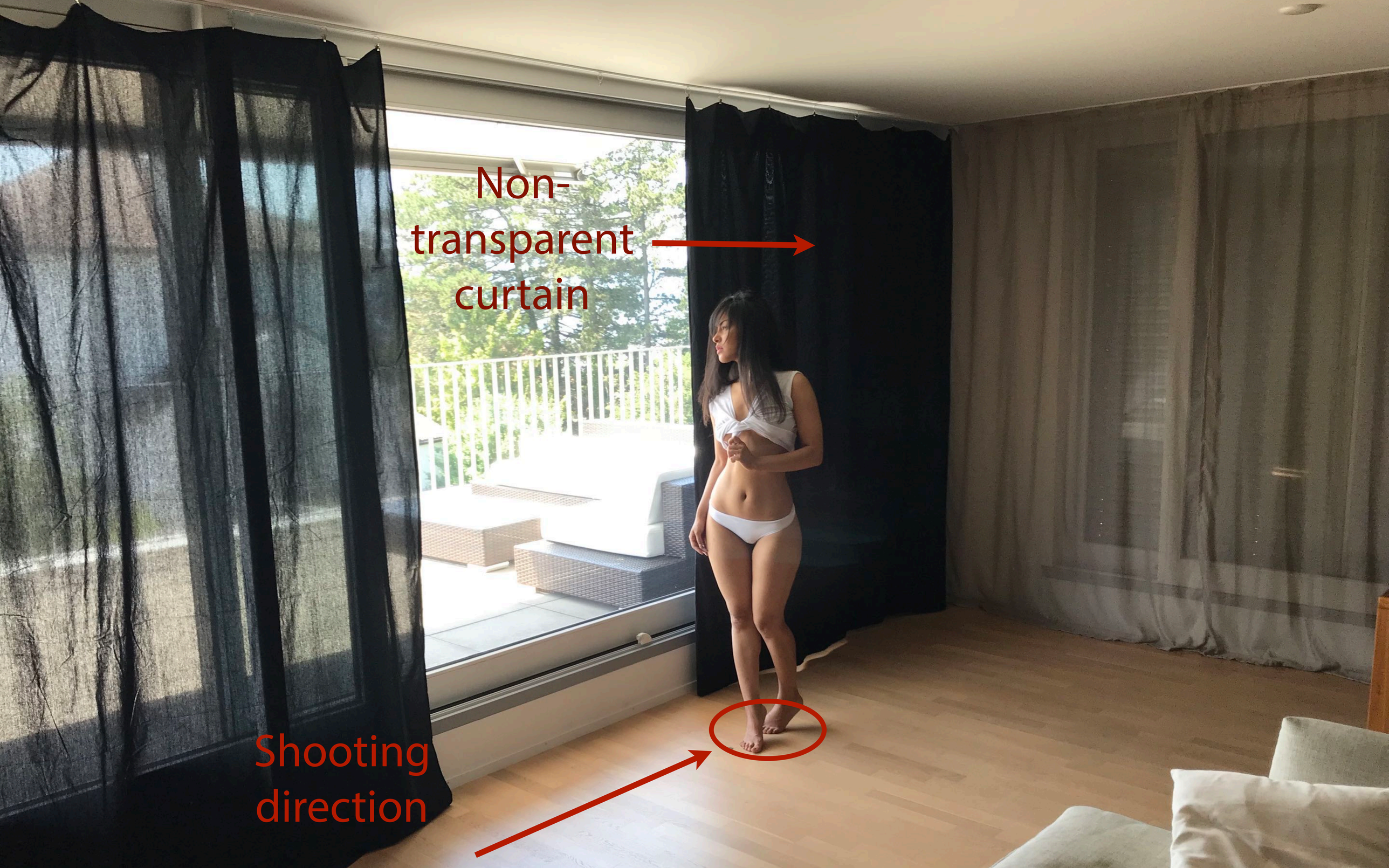
Window



Indirect light

Window




Non-
transparent
curtain
Shooting
direction

Window

FACE
towards
window



BODY
away from
window

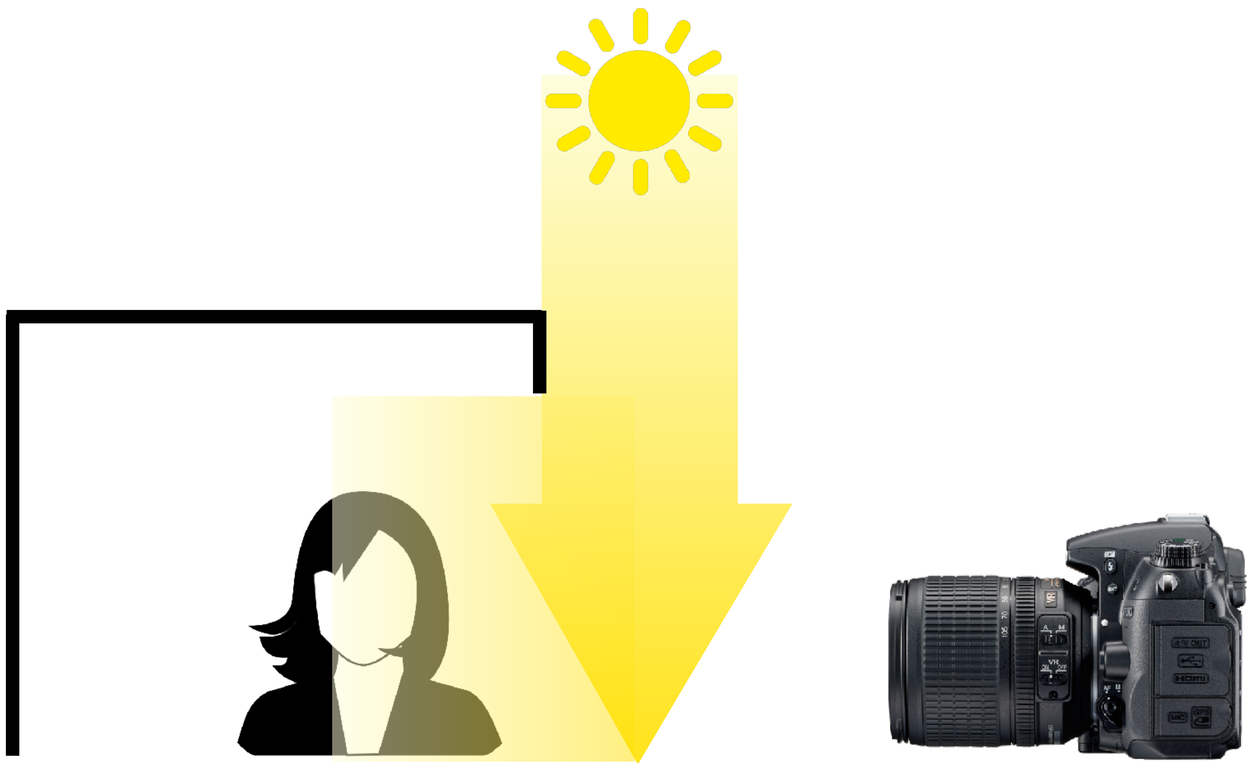
Technique 3

Door



Indirect light

Door



Indirect light

Door



Full body
in shadow

Indirect light

Door



Dark / Black
Background

Indirect light

Door



Indirect light

Door



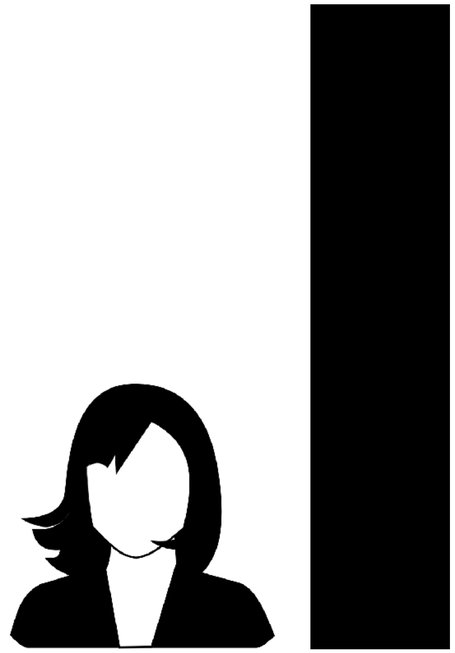
Technique 4

Pillar



Indirect light

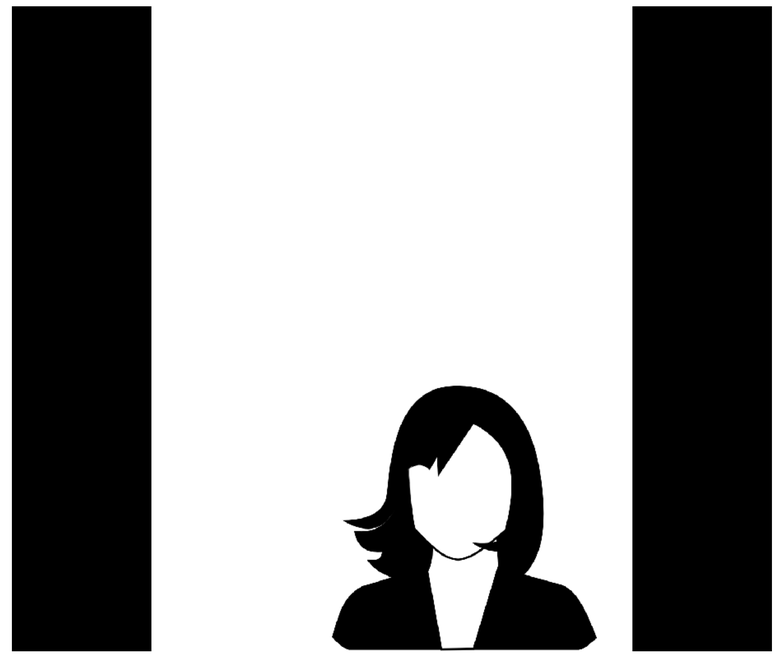
Pillar





Indirect light

Pillar(s)





Pillars





Wrong spot

Right spots

Indirect light

Pillars



Pillars



GOOD PILLARS:

- Thick
- Close to each other
- Neutral colour (black, grey, white)

Pillars







Pillars

One Pillar



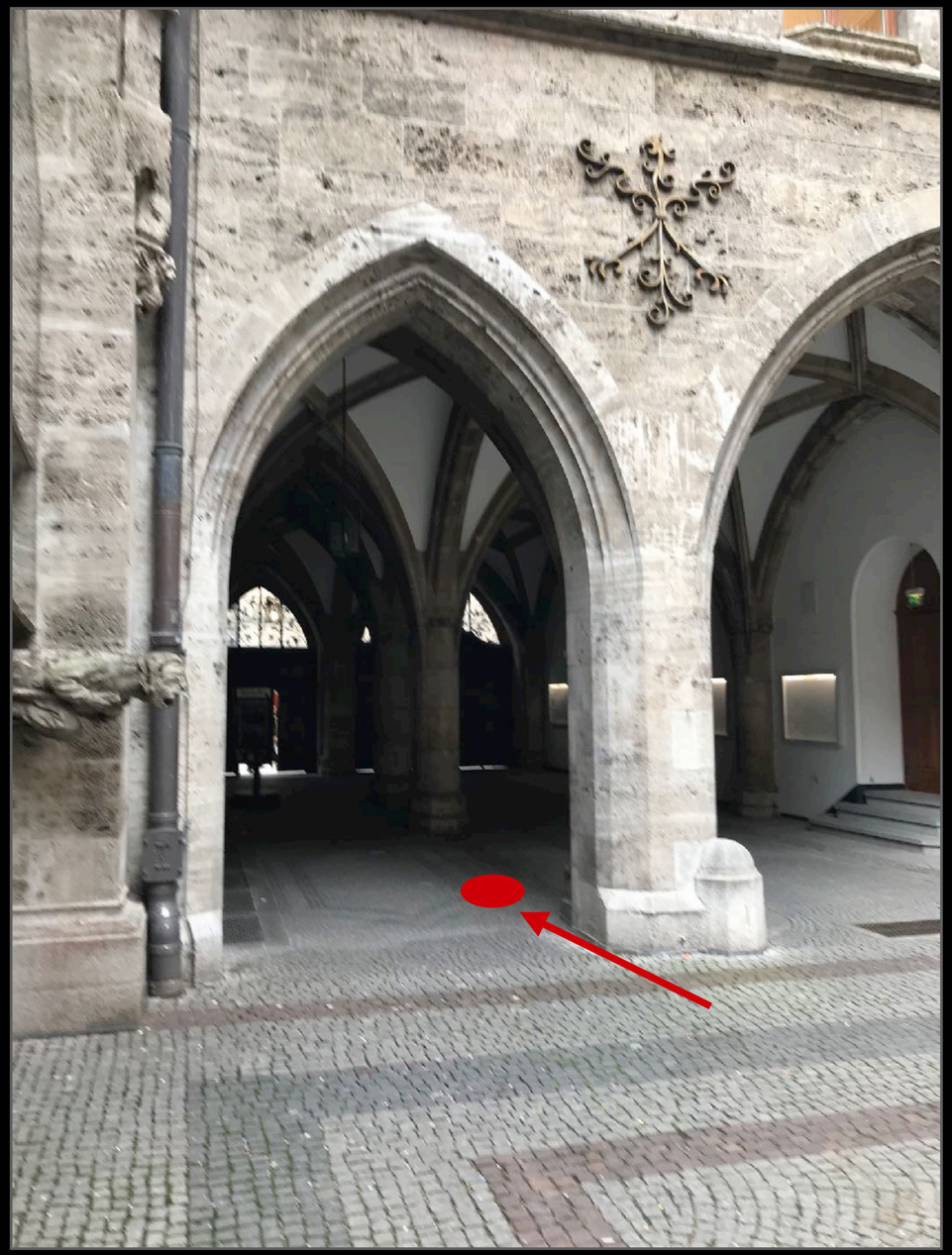


Pillars





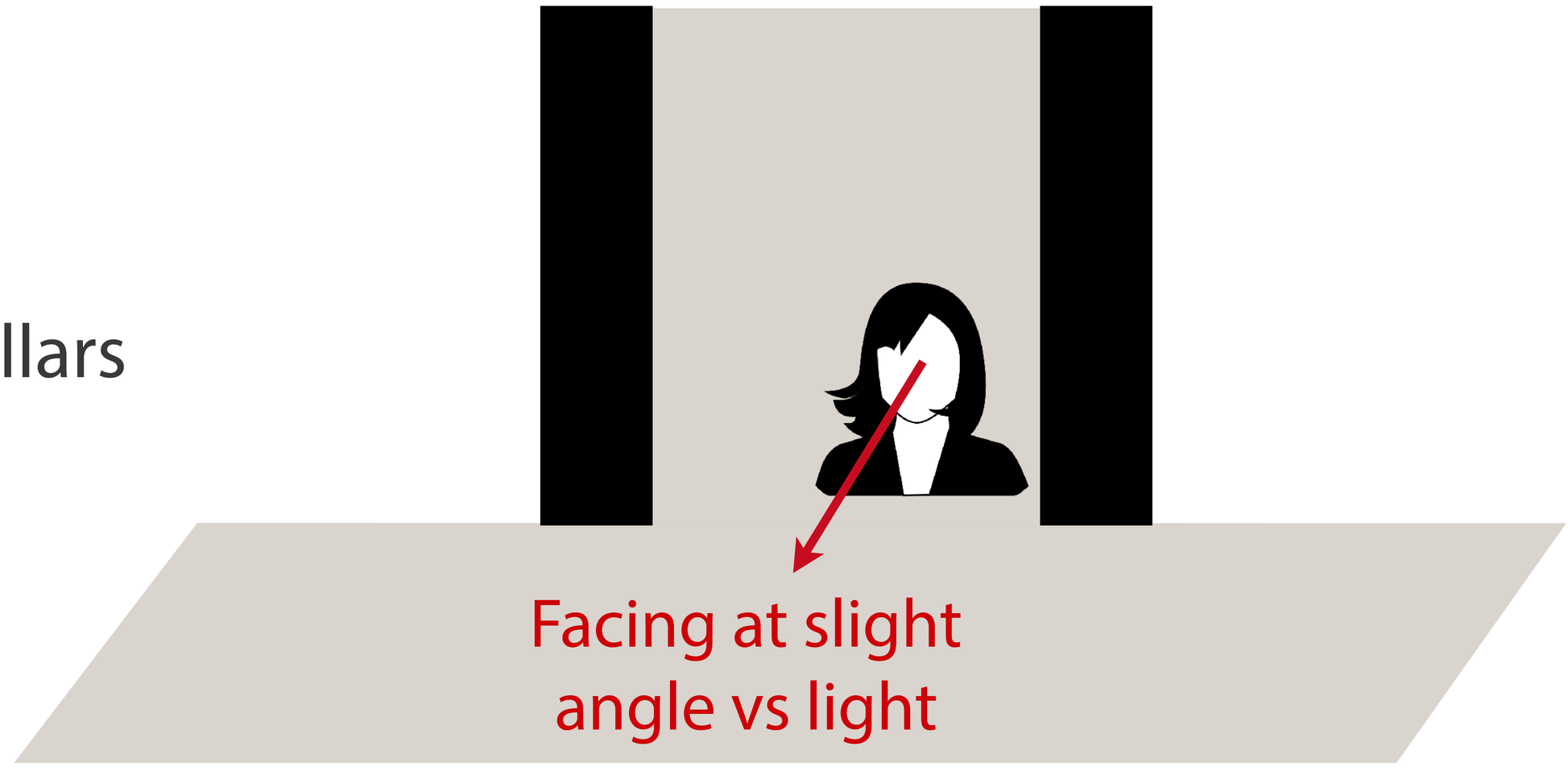
Pillars





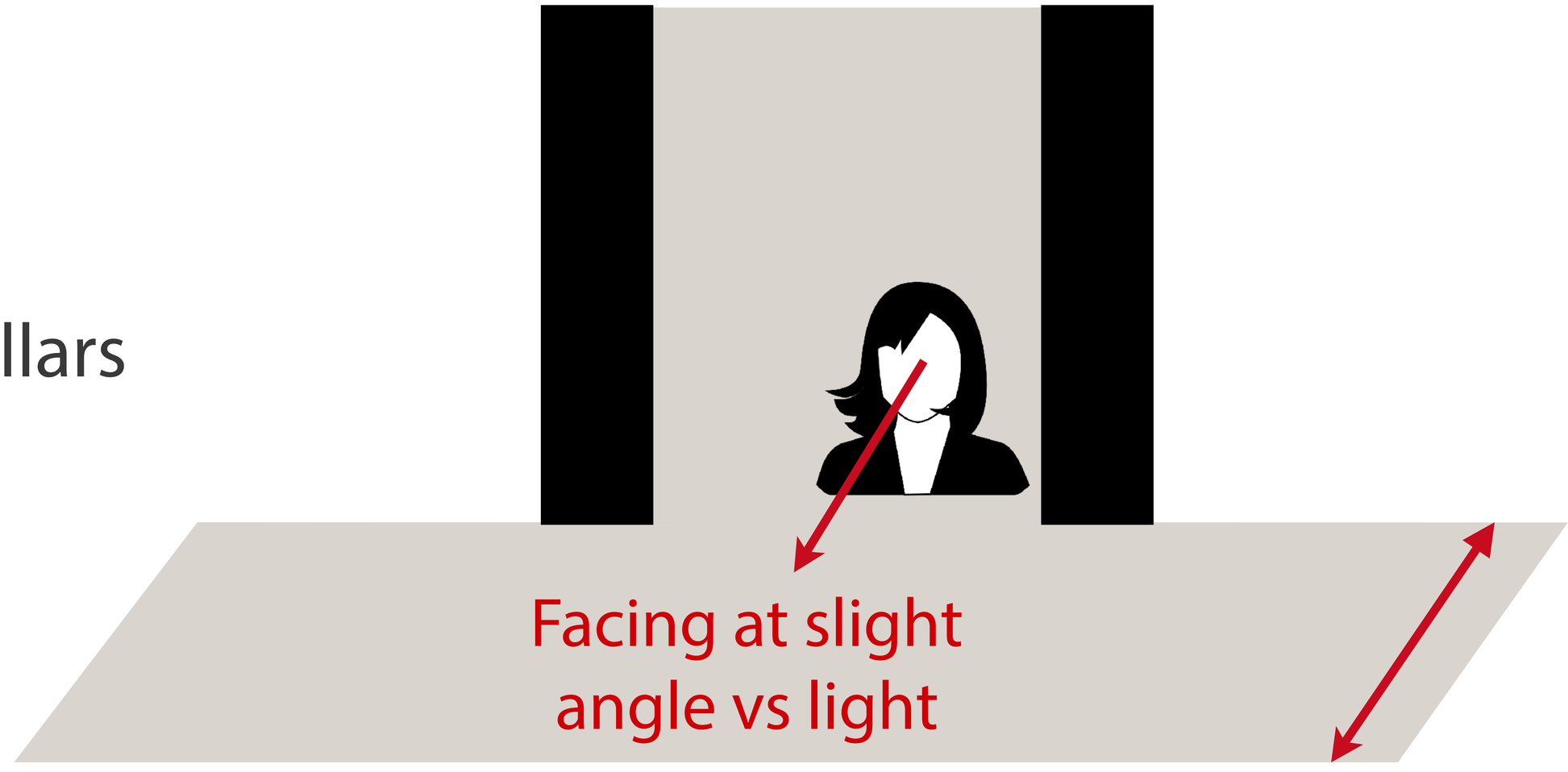
Indirect light

Pillars



Indirect light

Pillars



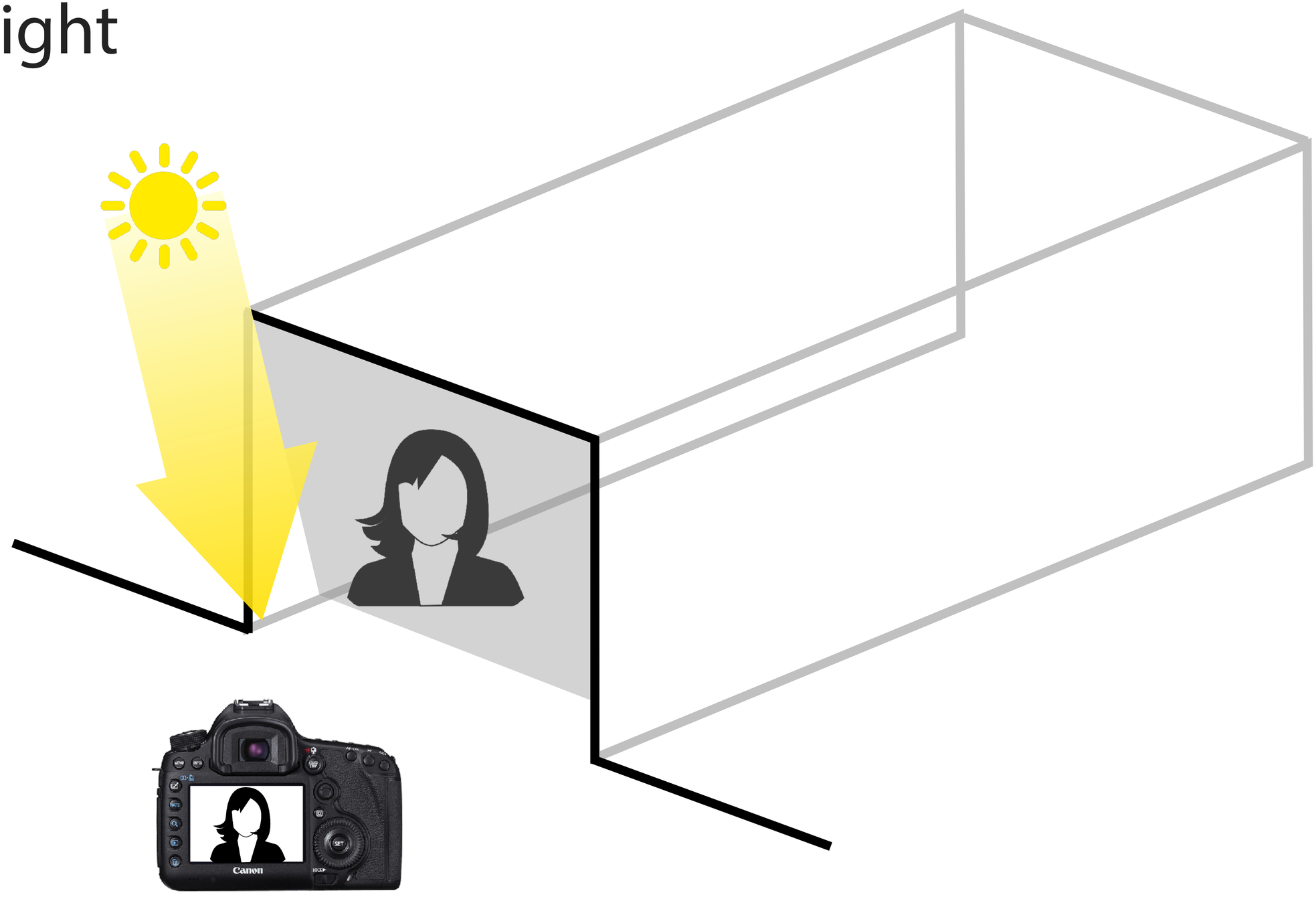
Technique 5

Tunnel

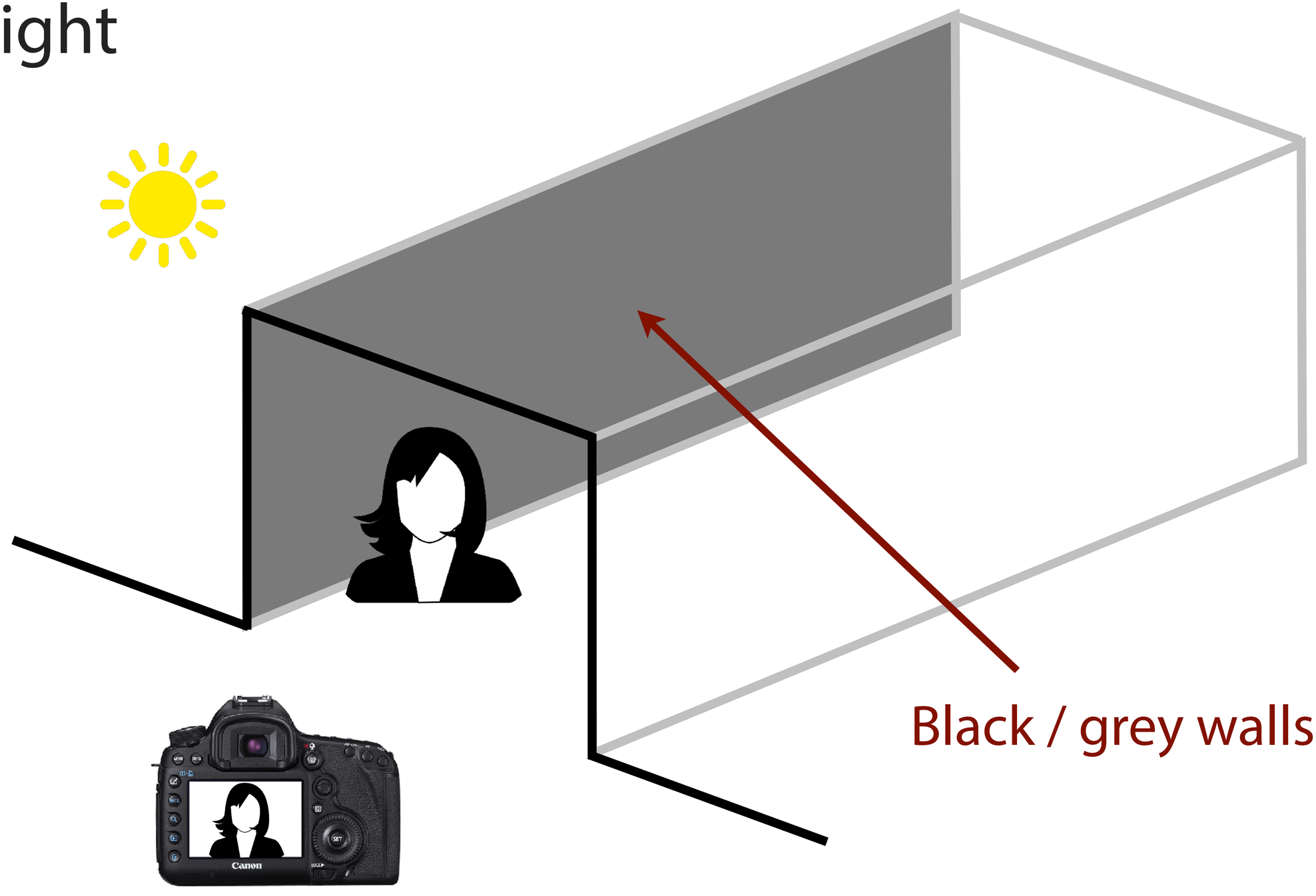


Indirect light

Tunnel
or
Carpark
Entrance

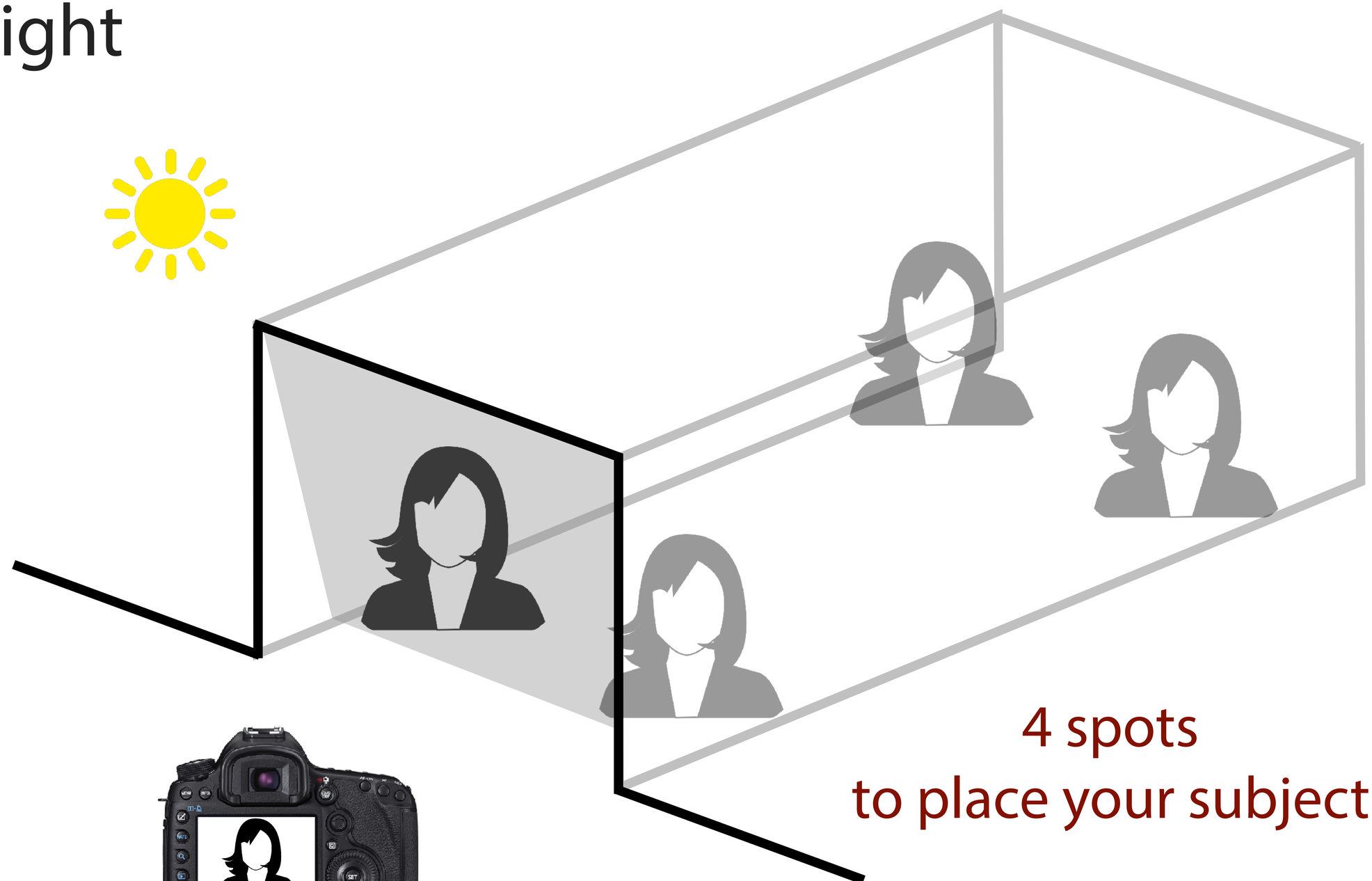


Indirect light



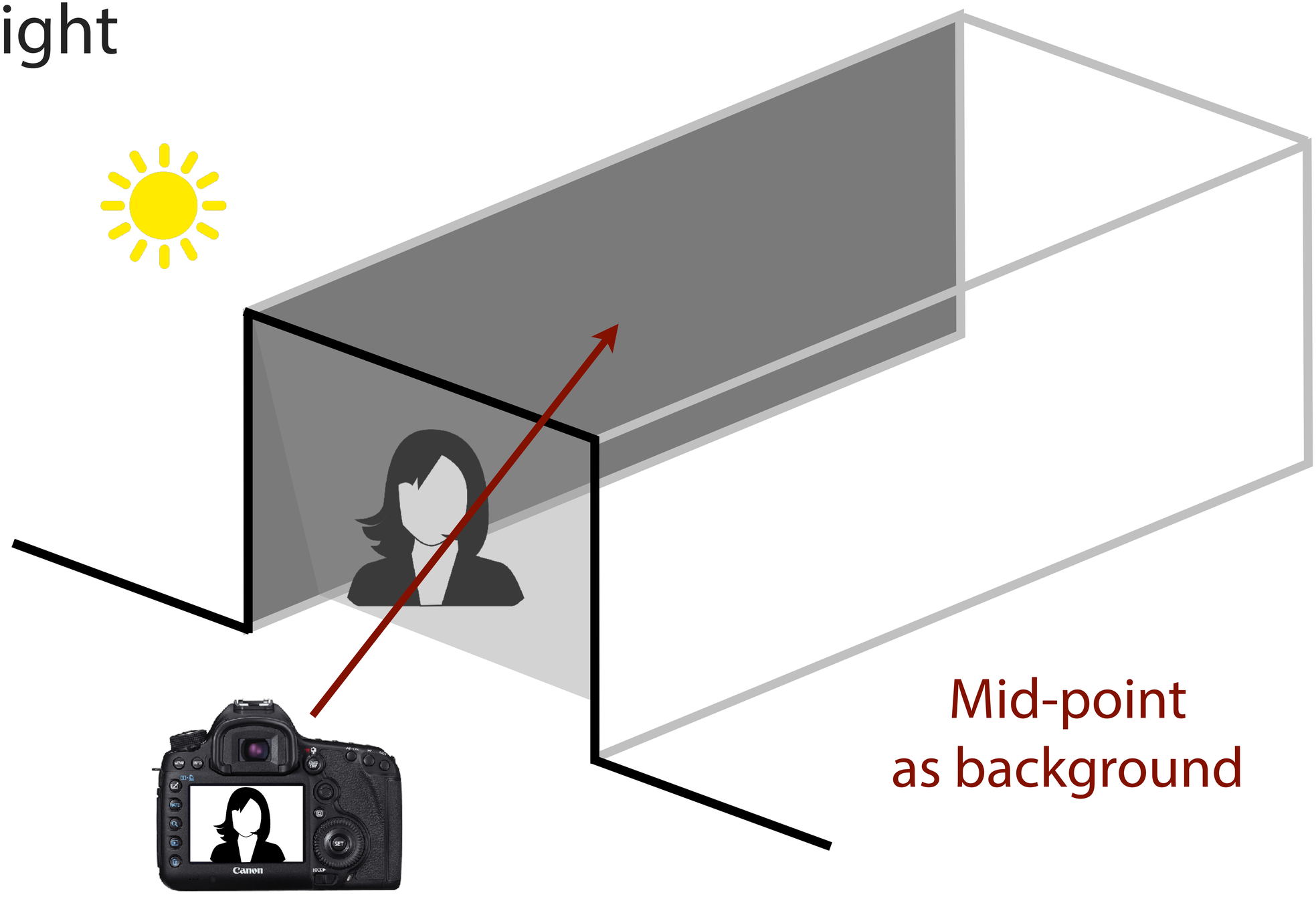
Indirect light

Tunnel

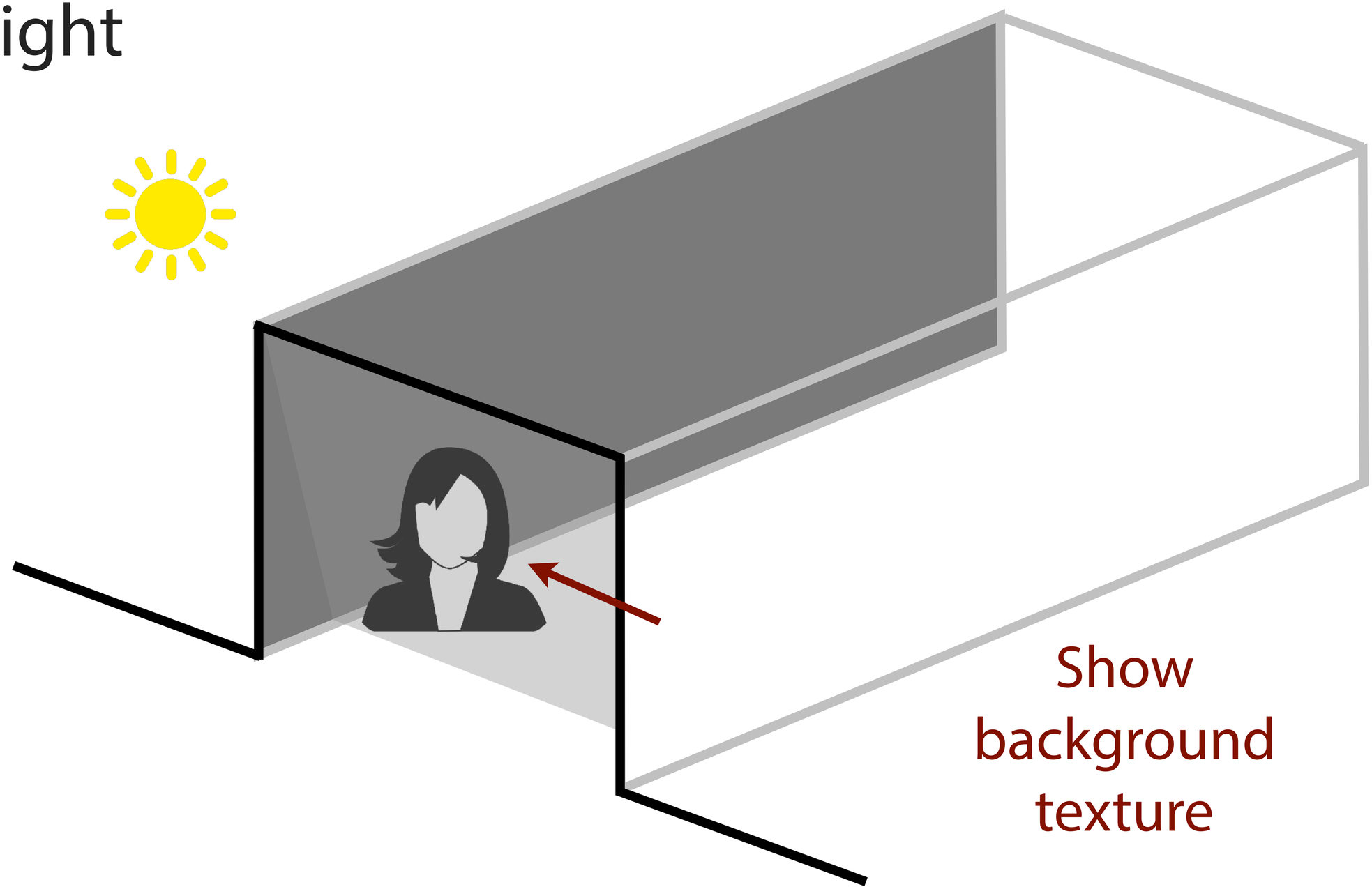


4 spots
to place your subject

Indirect light



Indirect light



Tunnel



Tunnel





Tunnel



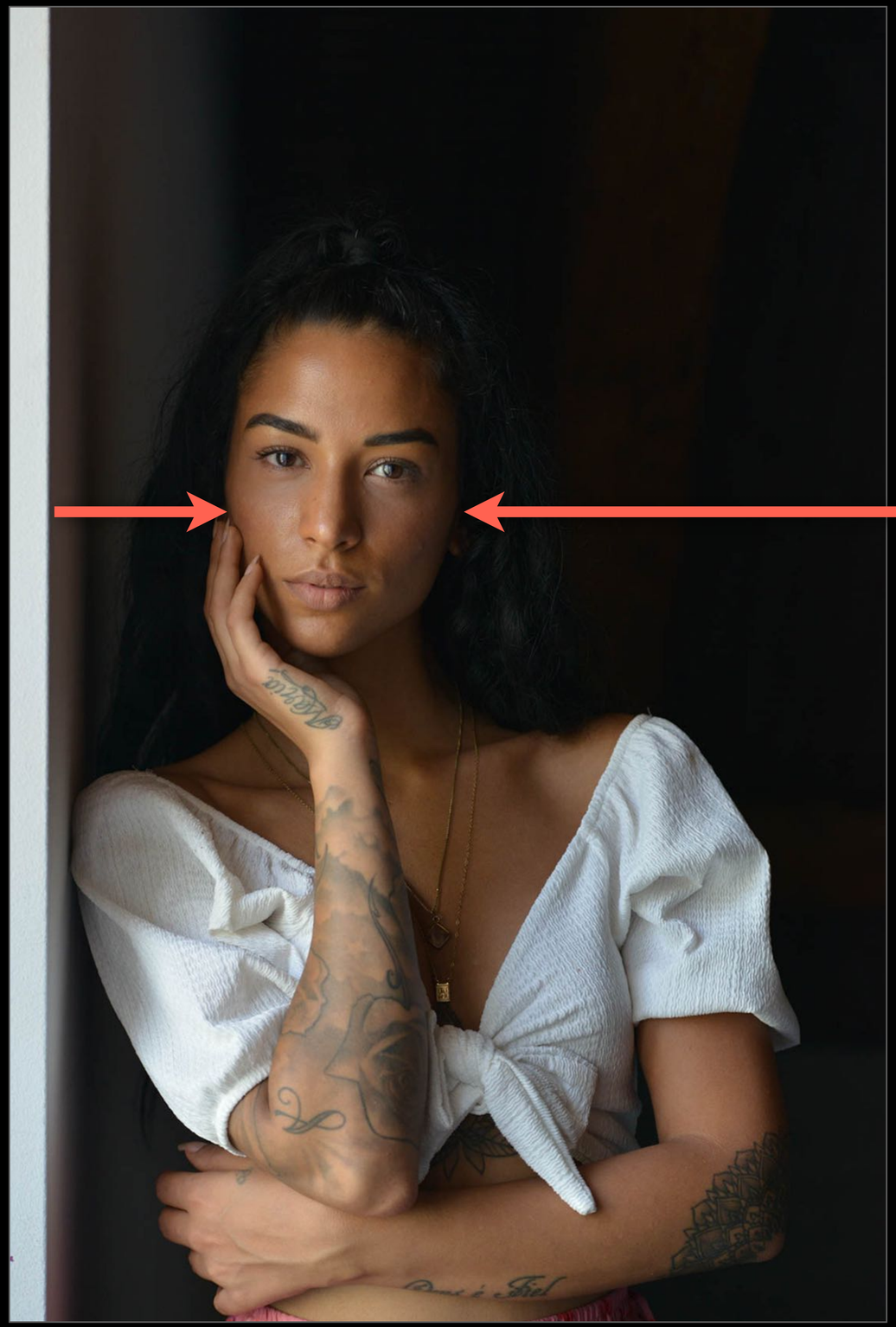




Technique 6

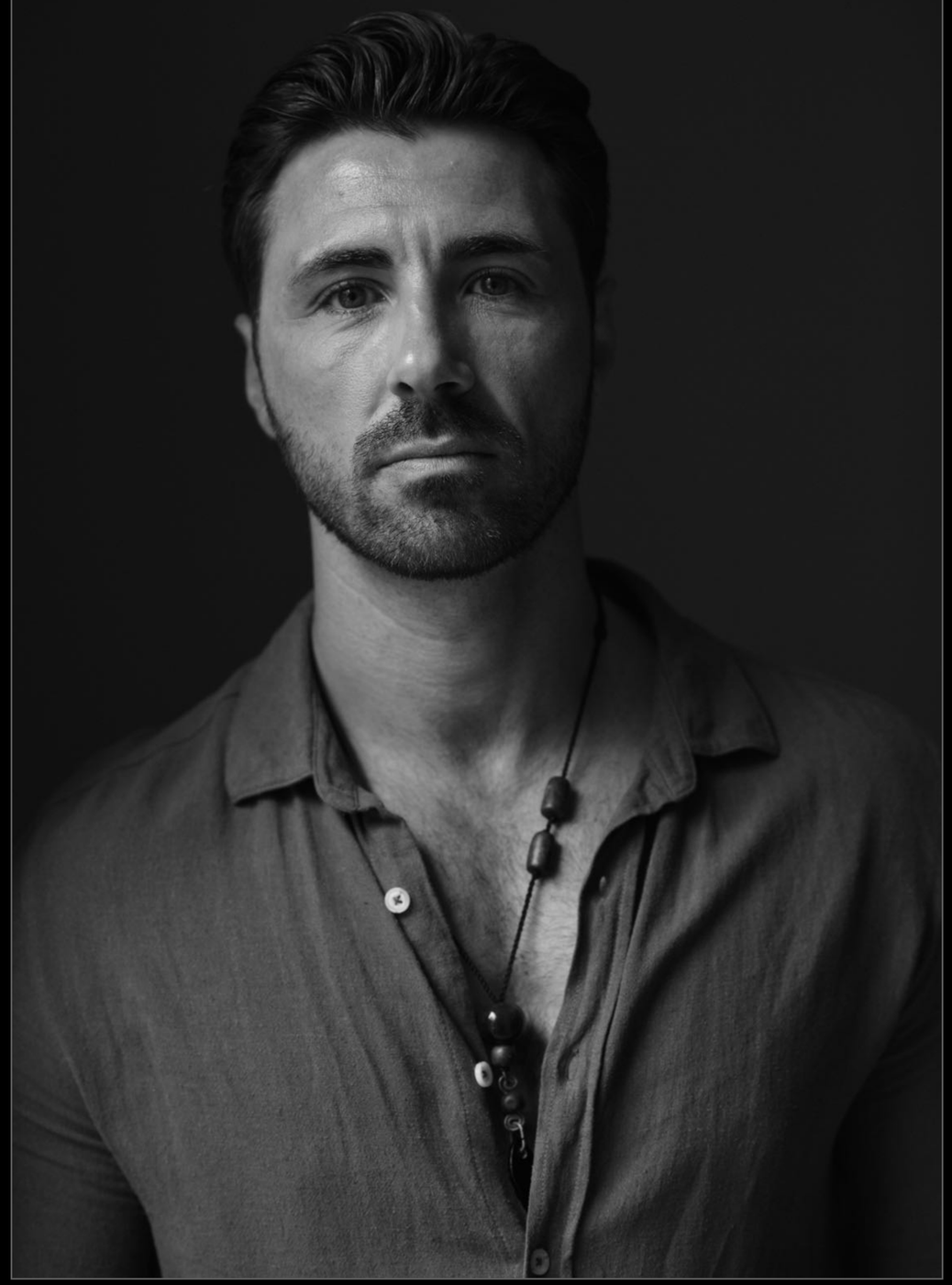
Dual Shadows

SECONDARY SHADOW
From corner of the wall

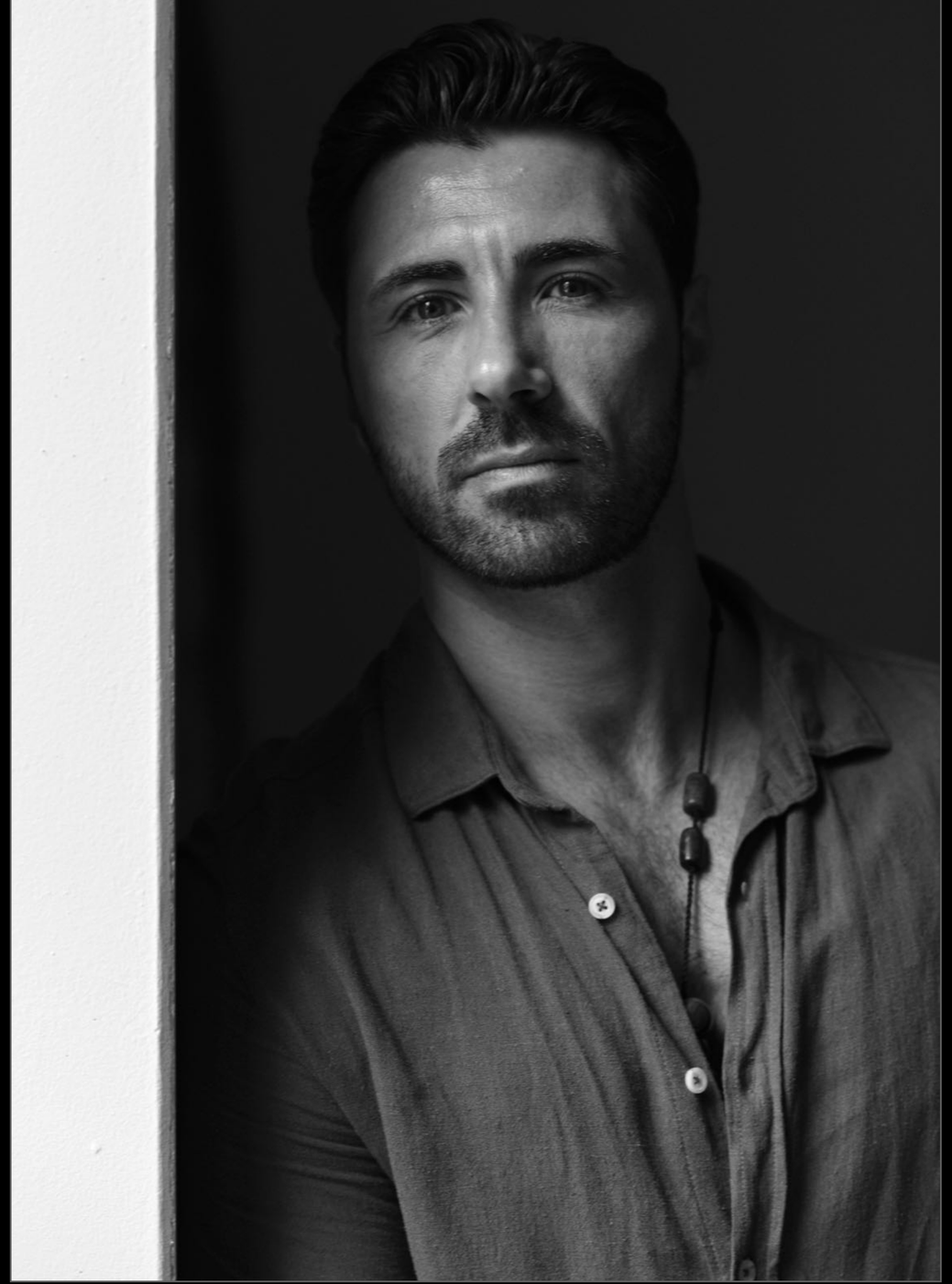


PRIMARY SHADOW
Away from window

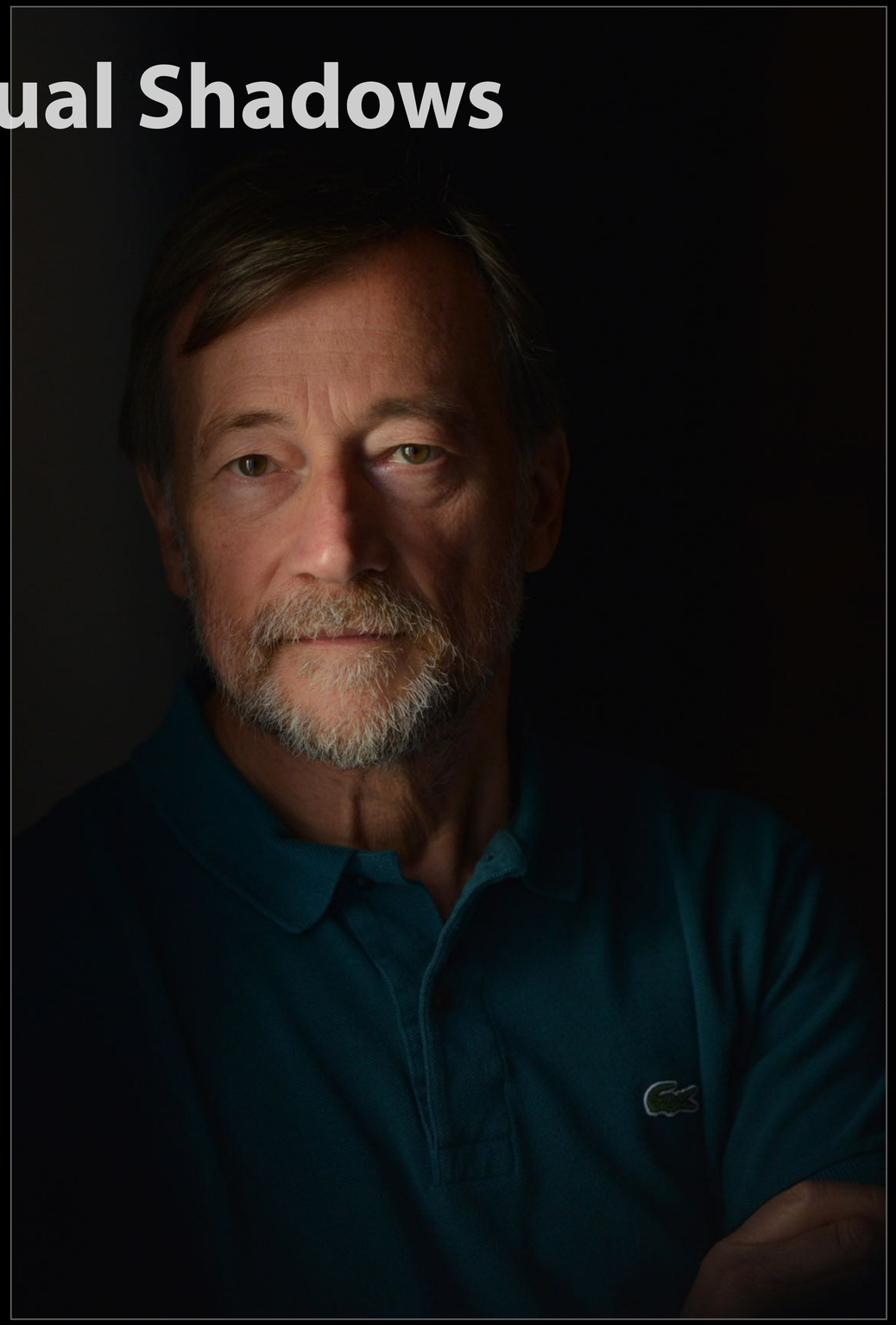
Single Shadow

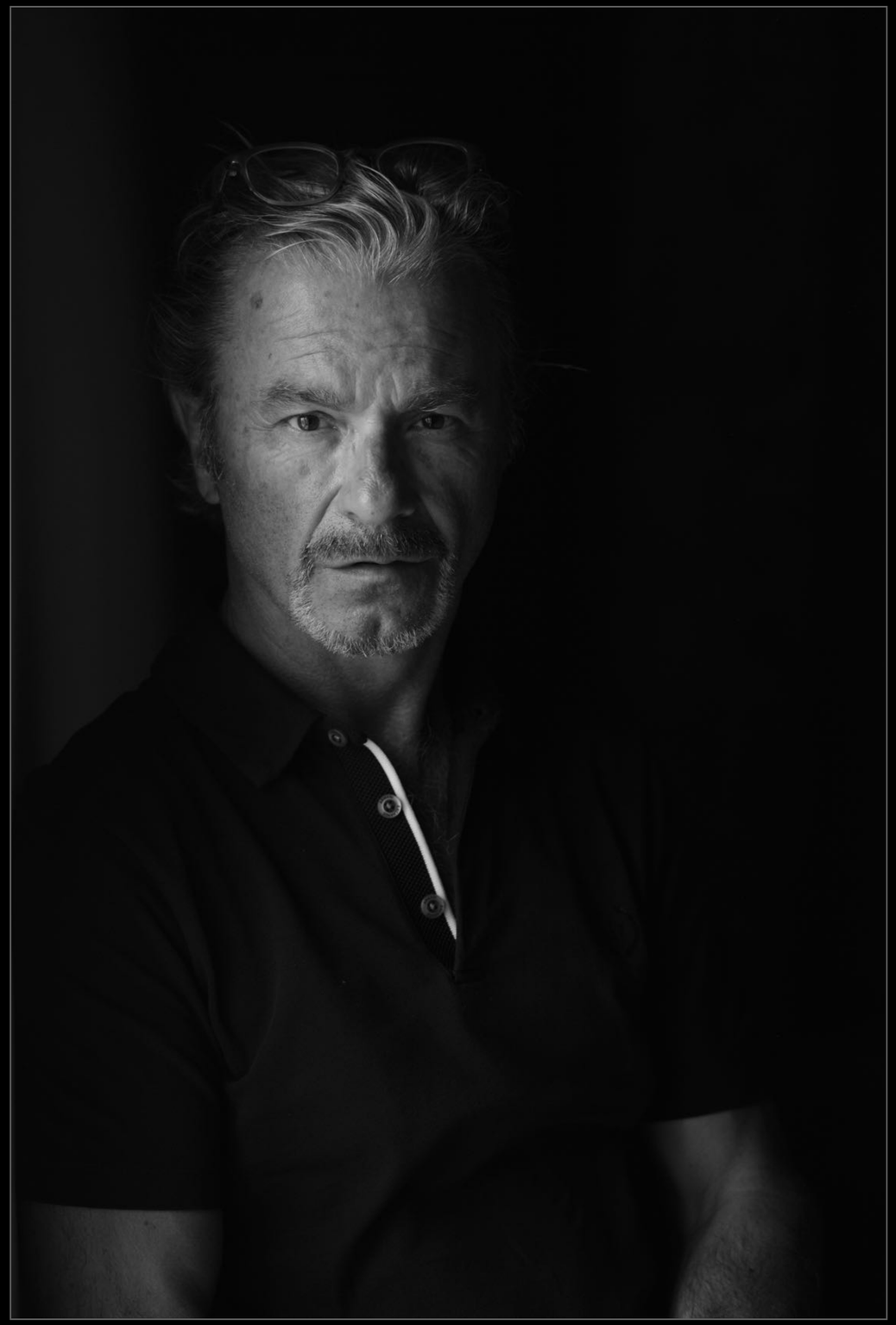


Dual Shadows



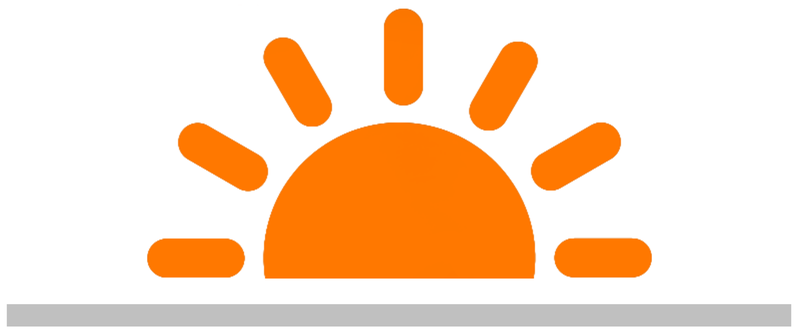
Dual Shadows





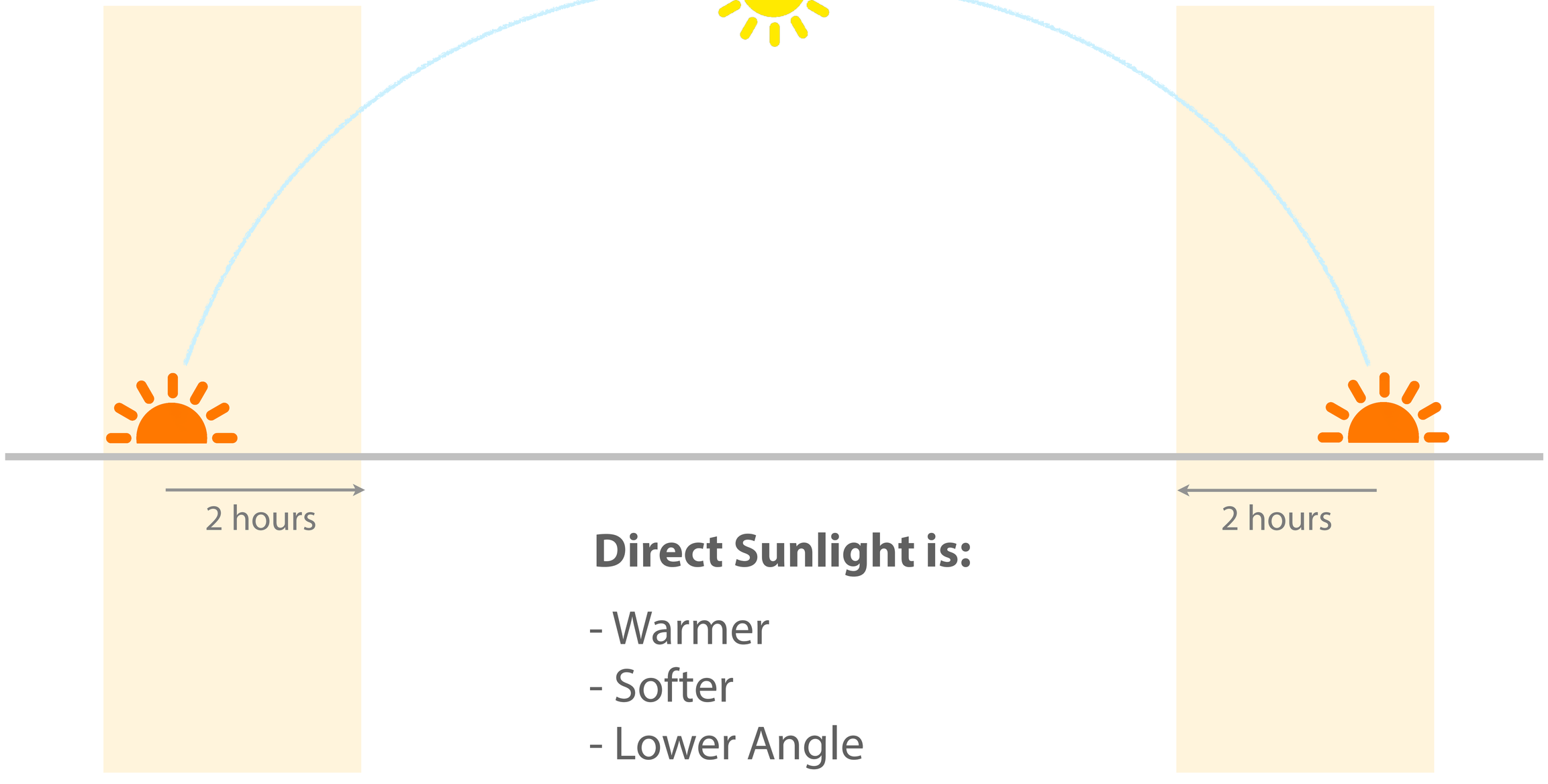
SUNNY

Early Morning & Late Afternoon



EARLY MORNING

LATE AFTERNOON



Direct Sunlight is:

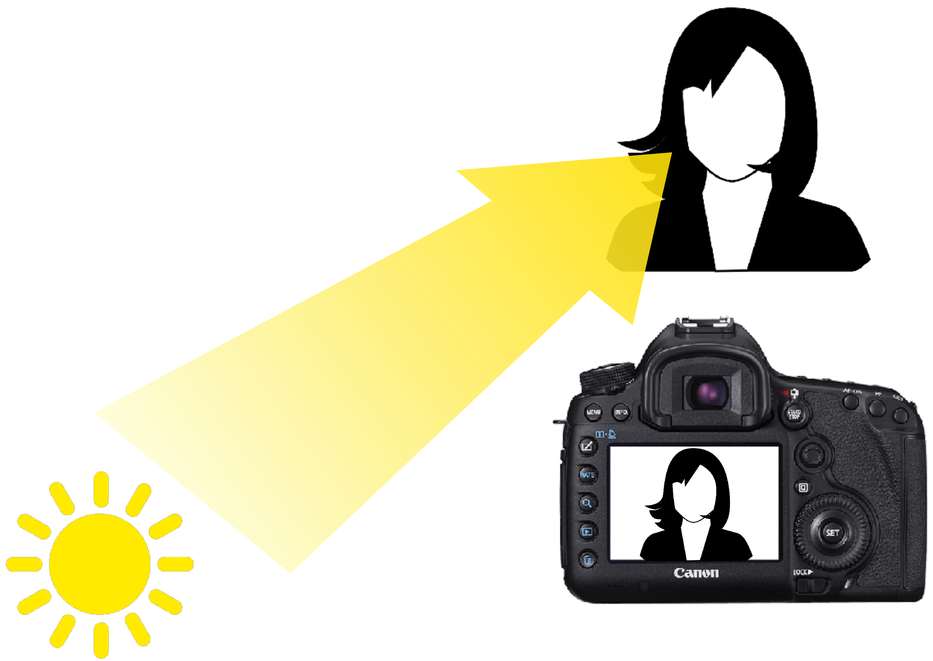
- Warmer
- Softer
- Lower Angle

Technique 7

Direct Light



Direct light



Direct Light





2

COMPOSITION

Focus
Impact
Balance

Technique 7

Clean Background

Clean Background

Makes your subject
STAND OUT

Clean Background

- **ONE COLOUR**
- **CONTRASTING** with subject
- **DARKER** than subject
- **BLURRED** with large aperture

1. Change Your Angle





CHANGE YOUR ANGLE

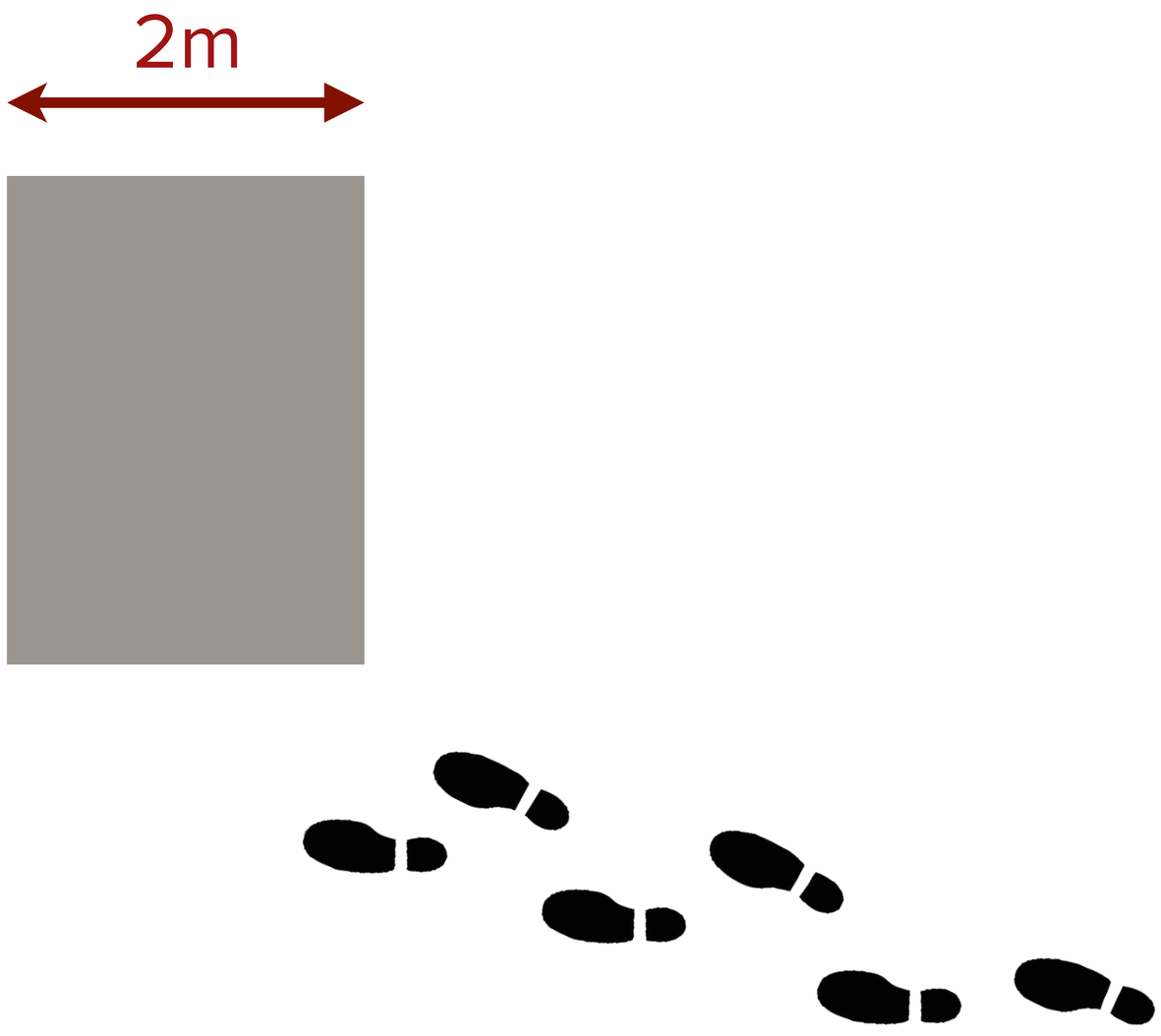
to find clean background

1. Change Your Angle





2. Find Clean Background Around You



2. Find Clean Background Around You





2. Find Clean Background Around You





3. Blur The Background





1. **Large aperture** (min. f4)
2. **Longer focal length** (100mm+)
3. **Background far behind subject**

3. Blur The Background





4. Shoot Upwards





5. Make Background Black



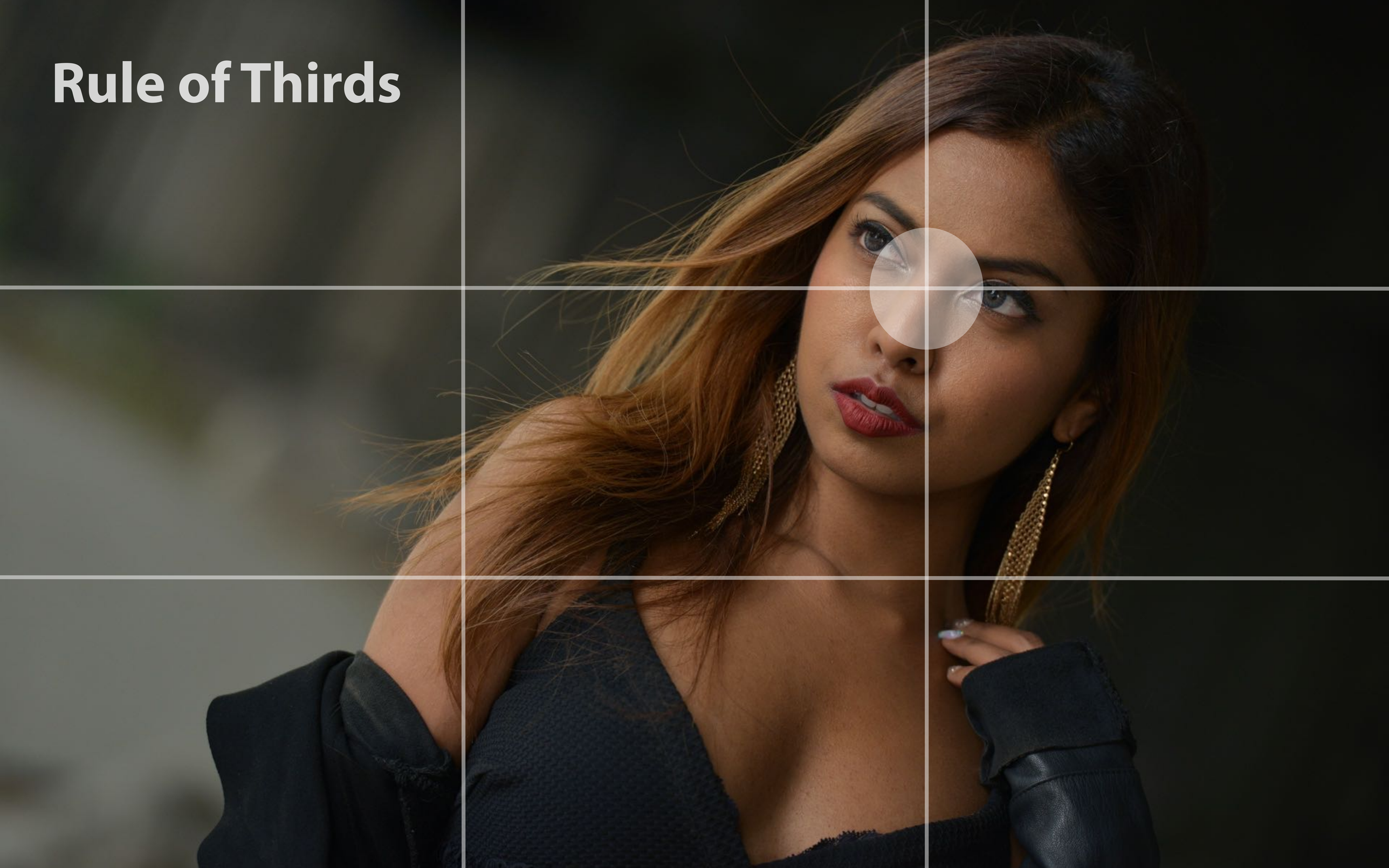


Technique 9

Rule of Thirds

Rule of Thirds

Rule of Thirds



Rule of Thirds



Rule of Thirds

Technique 9

Tilted Camera

Vertical





Horizontal





Tilted





WHAT IT DOES



More Relaxed
(lean back)



More Imposing
(lean forward)



More Dynamic
(diagonal lines)

4 Ways To Tilt Your Camera

Approx. 20-30 degrees





Tilted Camera



Tilted Camera



Tilted Camera



Tilted Camera



Technique 10

Framing

1. Full Body

- Interesting body pose



2. Upper Body

- Hand gestures
- Highlight dress
- Good upper body pose



2. Upper Body

- Hand gestures
- Highlight dress
- Good upper body pose



3. Head Shot

- Focus on face
- No interesting body pose



4. Fill the Frame

- Great face
- Great expression
- Strong eye contact



4. Fill the Frame



4. Fill the Frame

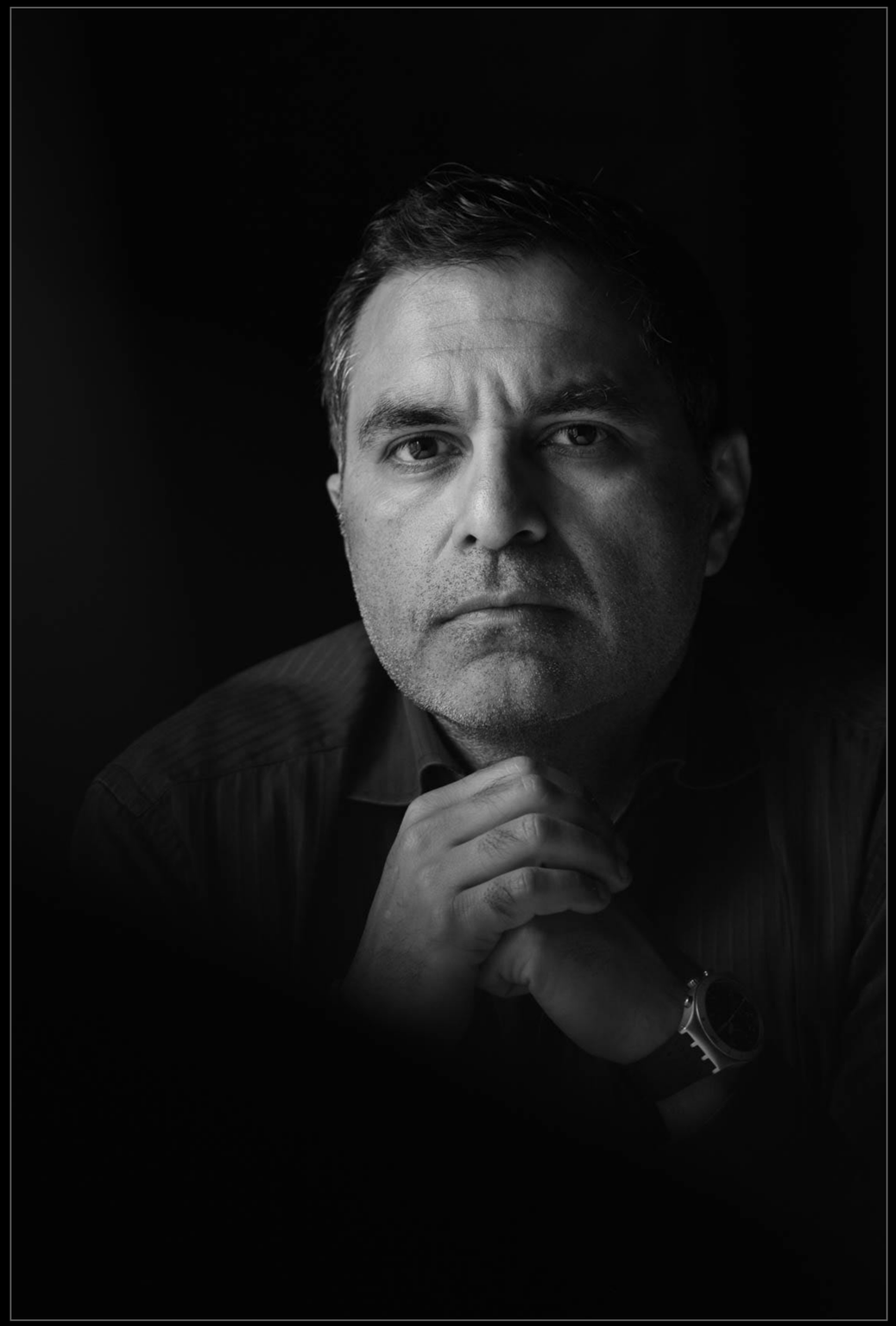


Technique 12

Different Angles

1. Front

- Eye contact
- Connection



1. Front

- Eye contact
- Connection



1. Front

- Eye contact
- Connection



1. Front

- Eye contact
- Connection



1. Front

BEST LIGHT:

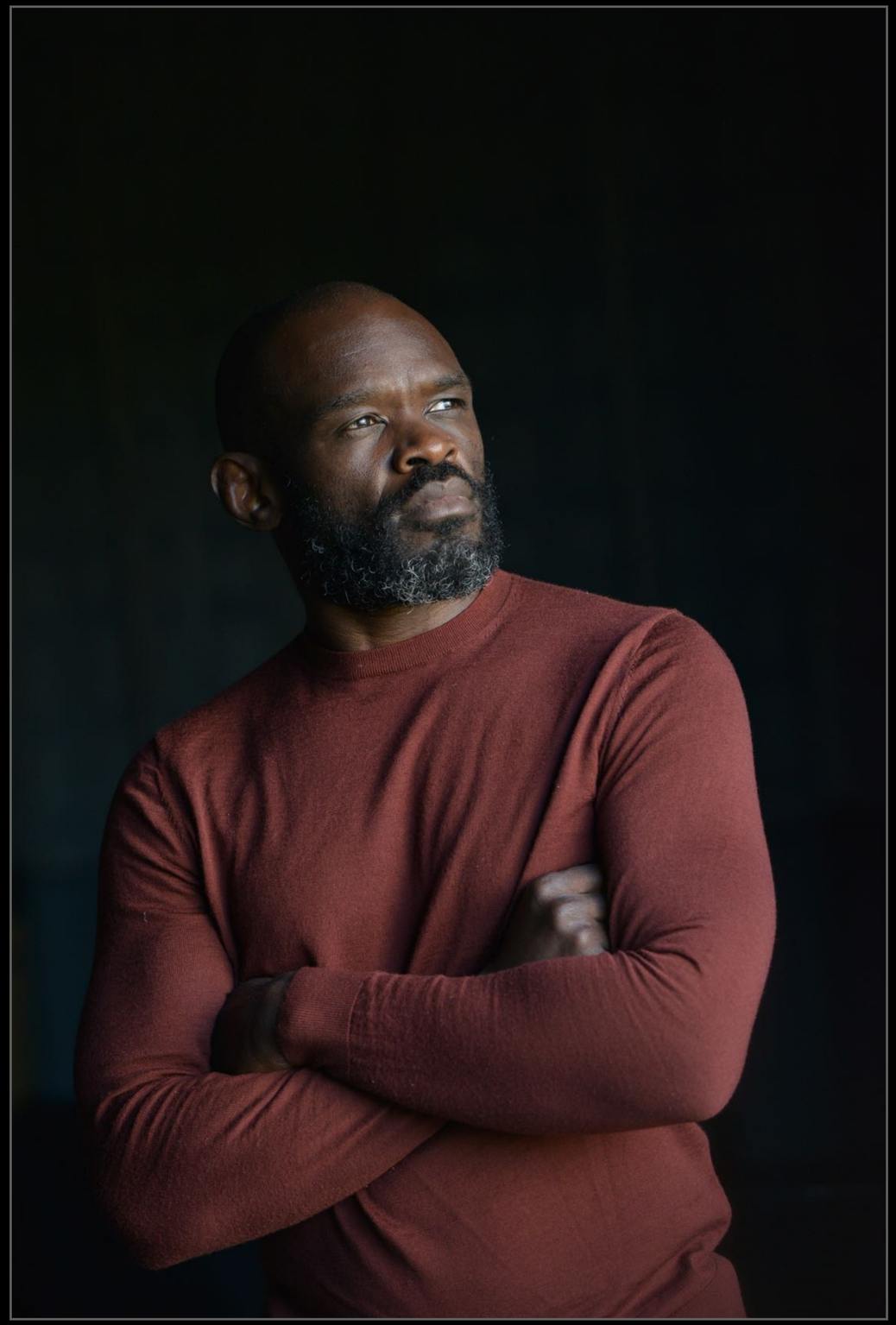
- Face towards light
- Body away from light



1. Front

BEST LIGHT:

- Face towards light
- Body away from light



2. Front-Side

- Best body shape



3. Side

- ‘Candid’ feel
- Emphasise profile



3. Side

- ‘Candid’ feel
- Emphasise profile



3. Side

- ‘Candid’ feel
- Emphasise profile



3. Side

- ‘Candid’ feel
- Emphasise profile
- Emphasise body curves



3. Side

CLASSIC POSE:

- Face towards camera



3. Side

CLASSIC POSE:

- Face towards camera



4. Over The Shoulder

- Turn away & look over the shoulder



5. Get Low

- Make people look taller, imposing & dignified



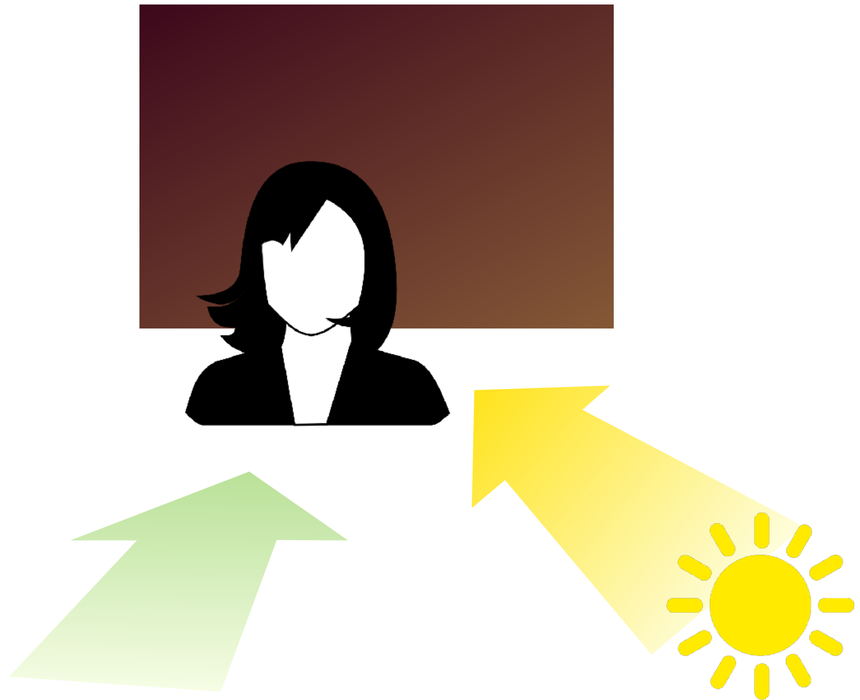
6. Get High

- Unconventional, eye-catching look



Best Angle depends on:

- **Effect you want**
- Direction Light
- Clean Background





3

EXPRESSION

Soul

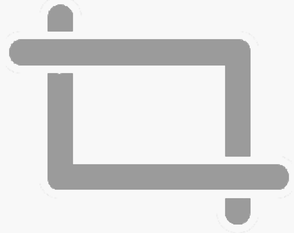
1

LIGHT



2

COMPOSITION



3

EXPRESSION



Light Composition Expression

Technical

Emotional



Learn How To:

- **DIRECT & POSE** people
- **CONNECT & INTERACT** with them
- Make them **COMFORTABLE**
- Capture **NATURAL EXPRESSIONS**, emotions and personality

Technique 14

Head



Head



Facing v Looking



Chin Down / Up

Down = Bigger Eyes

Up = Softer Light



Tilt Head



Technique 14

Hands



Hands

- Additional **COMPOSITIONAL** elements
- More **NATURAL** expression



Hands

- Hands at different heights
- Loosely scattered fingers
- Show outside of a hand



Classic Pose!

- Hand supporting the chin
- Other hand supporting elbow



Play With Hair

- More sensual expression

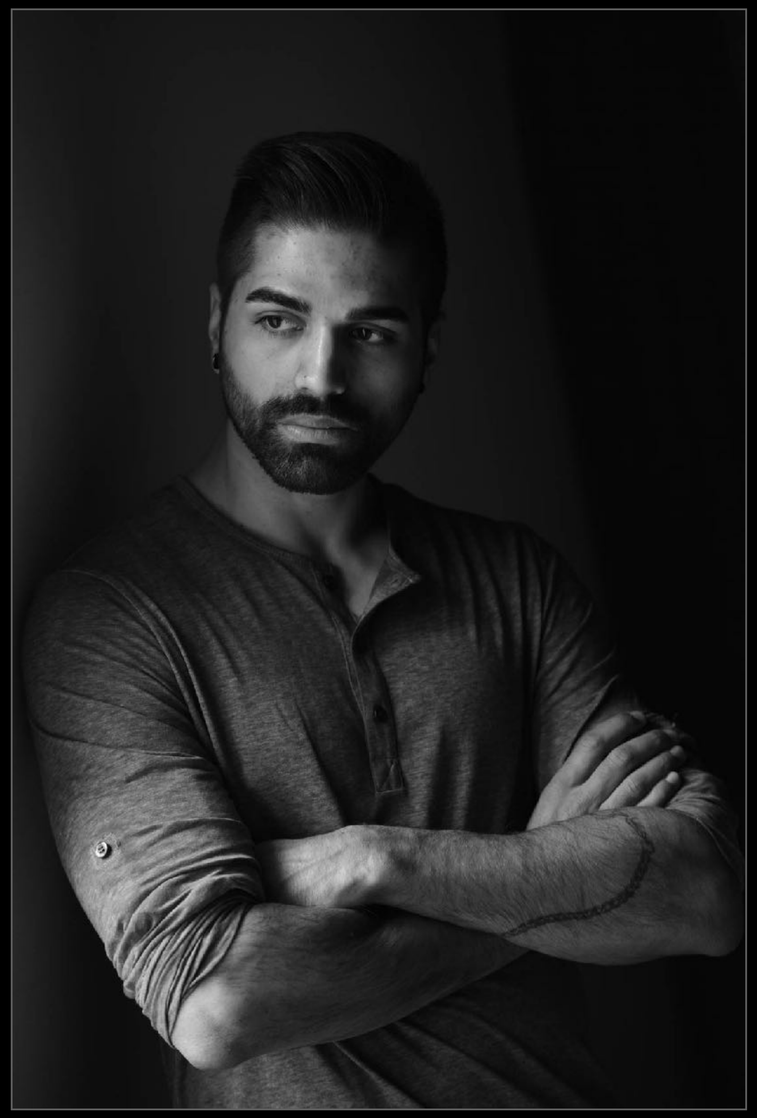


Hands Behind Head

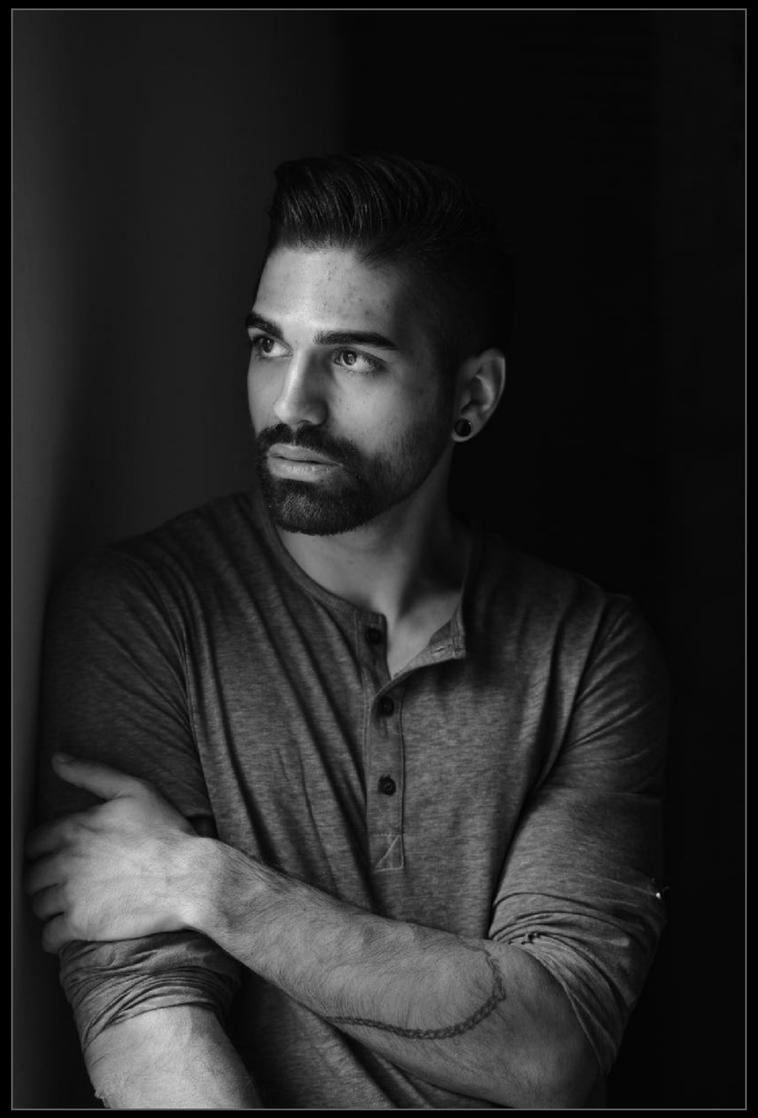


Hands Behind Head

Hands



Crossed Arms



Hand Holding Arm



Play With Knuckles

Hands



Motion

Technique 16

Body



Body



Stand



Lean



Sit Down



Stand

- Weight on one leg
- One foot in front / crossed feet
- Inhale / chest up for flat tummy



Lean

- Back



Lean

- Shoulder



Lean

- Bottom



Lean

- Elbow



Lean

- Both elbows



Lean

- Side



Sit Down

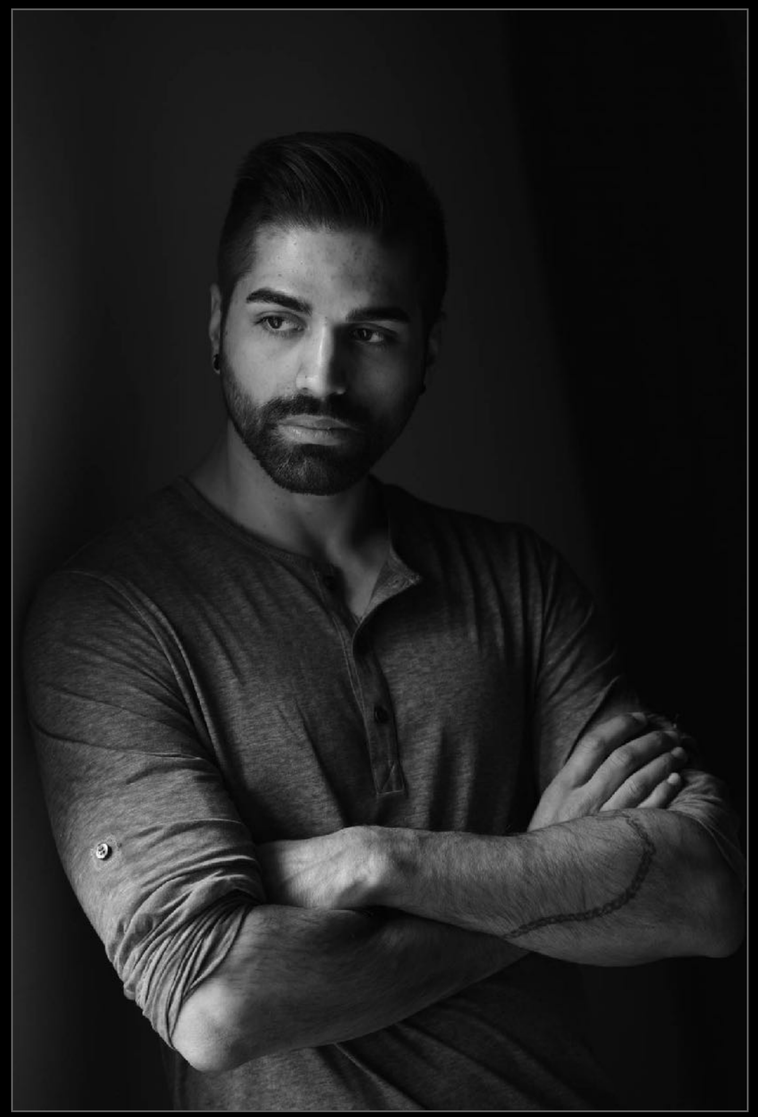
- Lean back



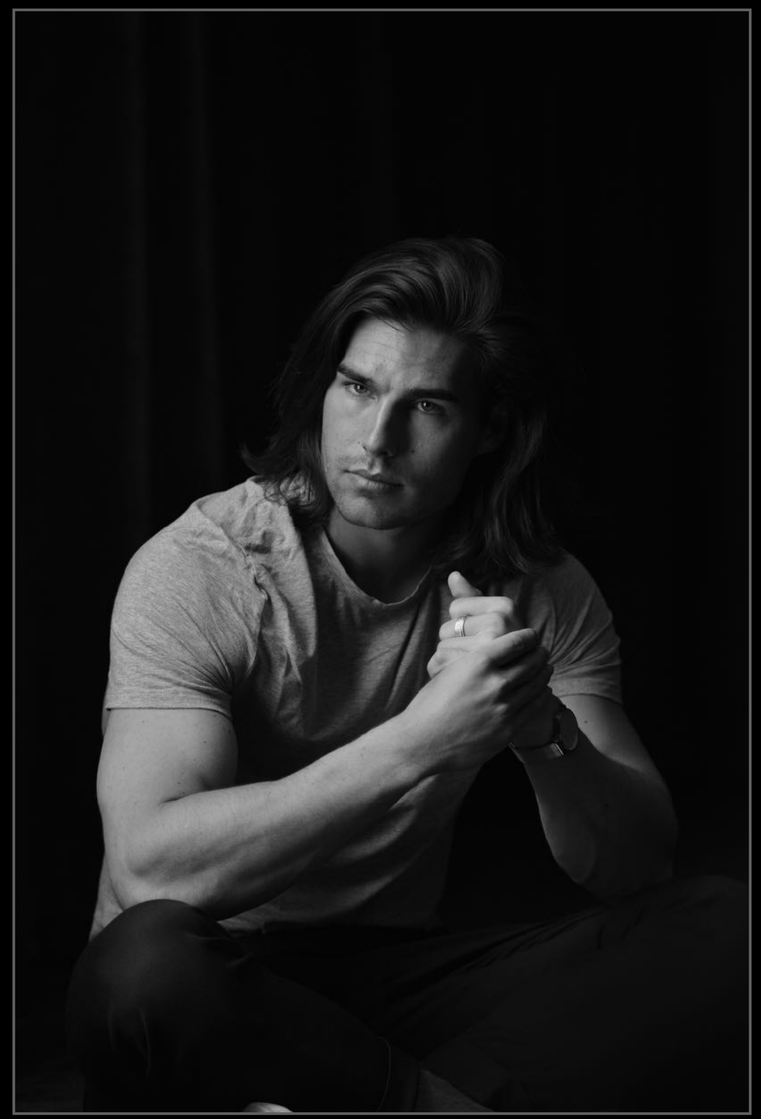
Sit Down

- Lean forward

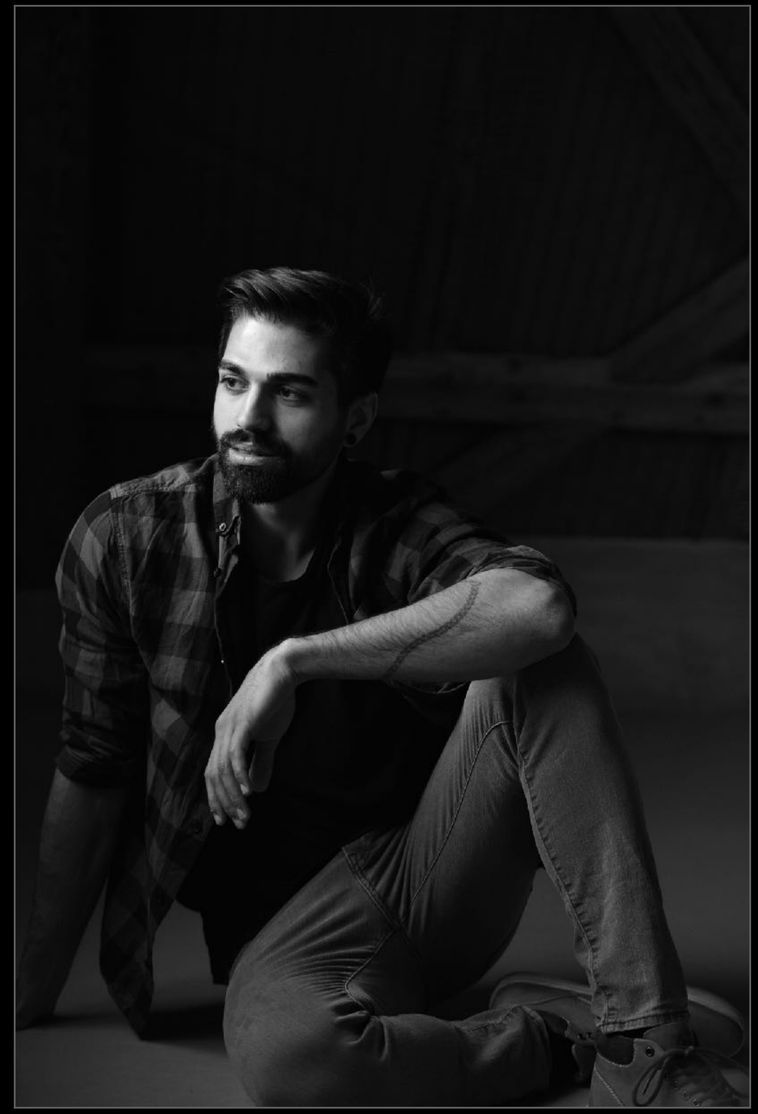
Body



Lean

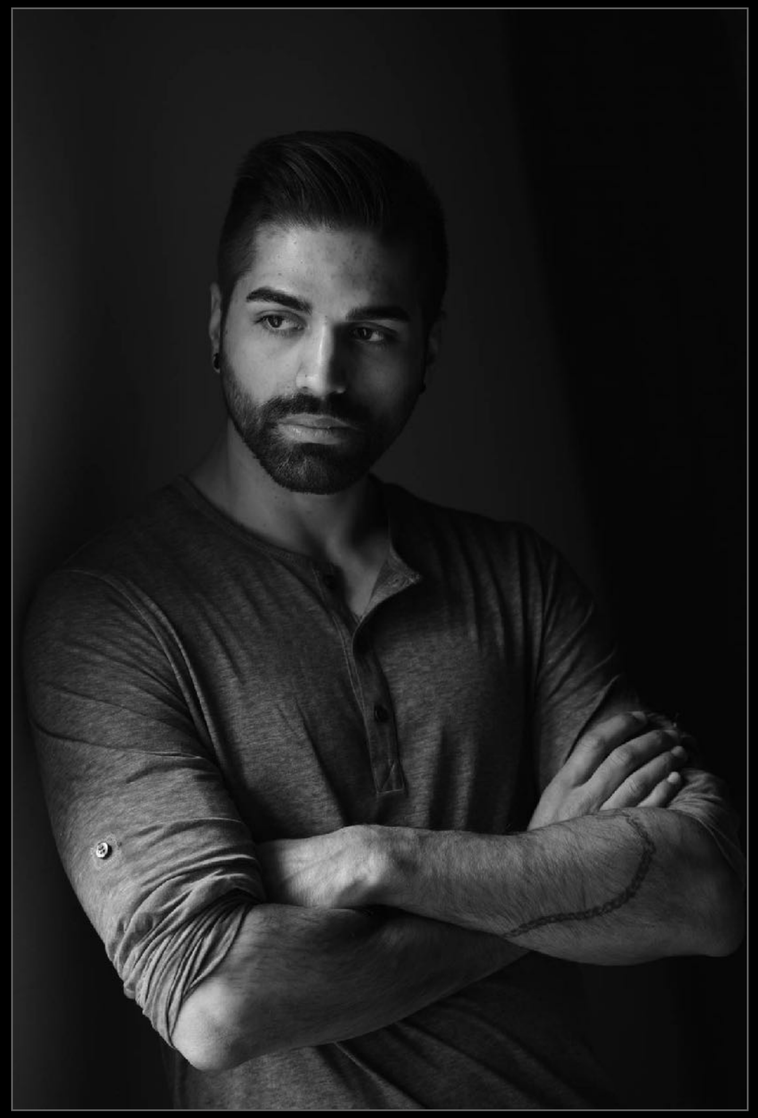


Sit Down

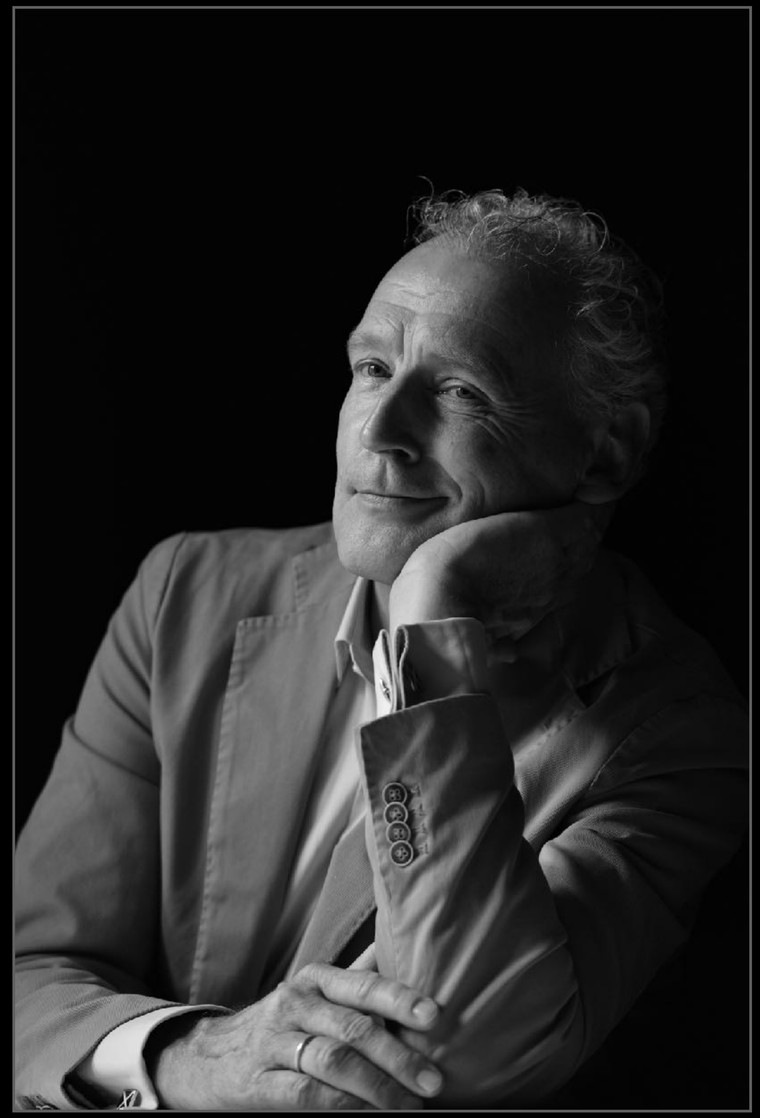


Sit On Floor

Body

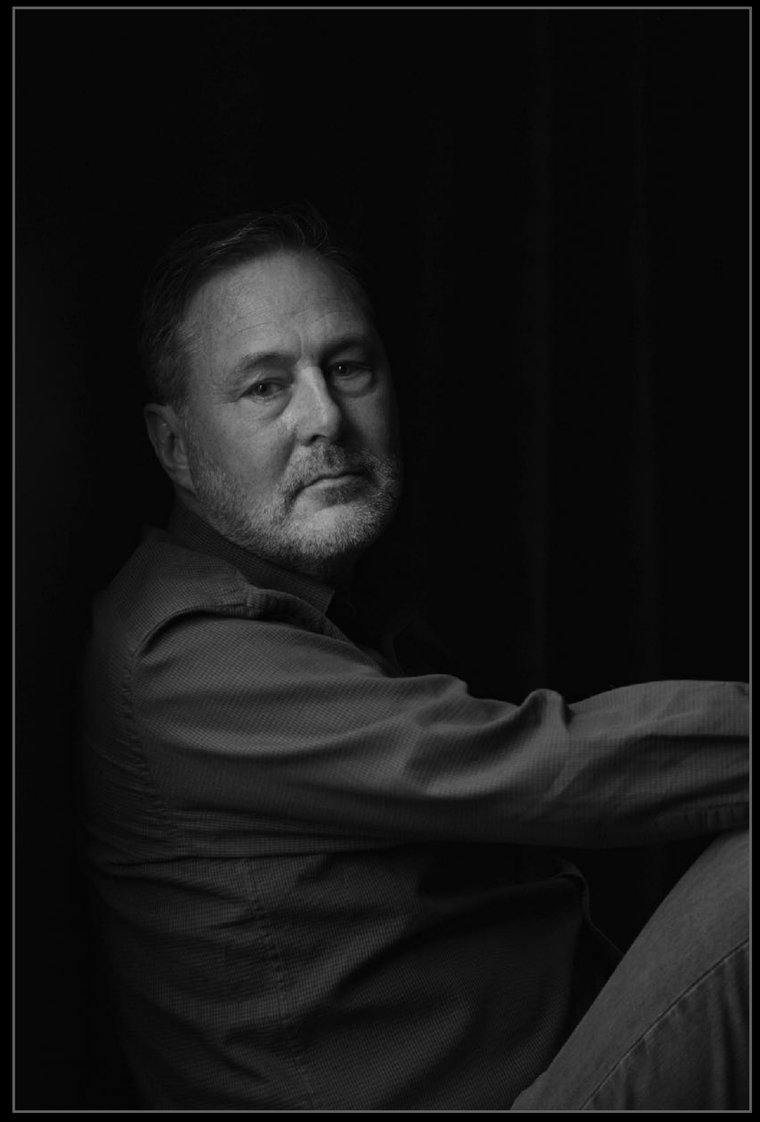


Lean



Sit Down

At a Table



Sit On Floor

Technique 16

Movement



Movement





Movement

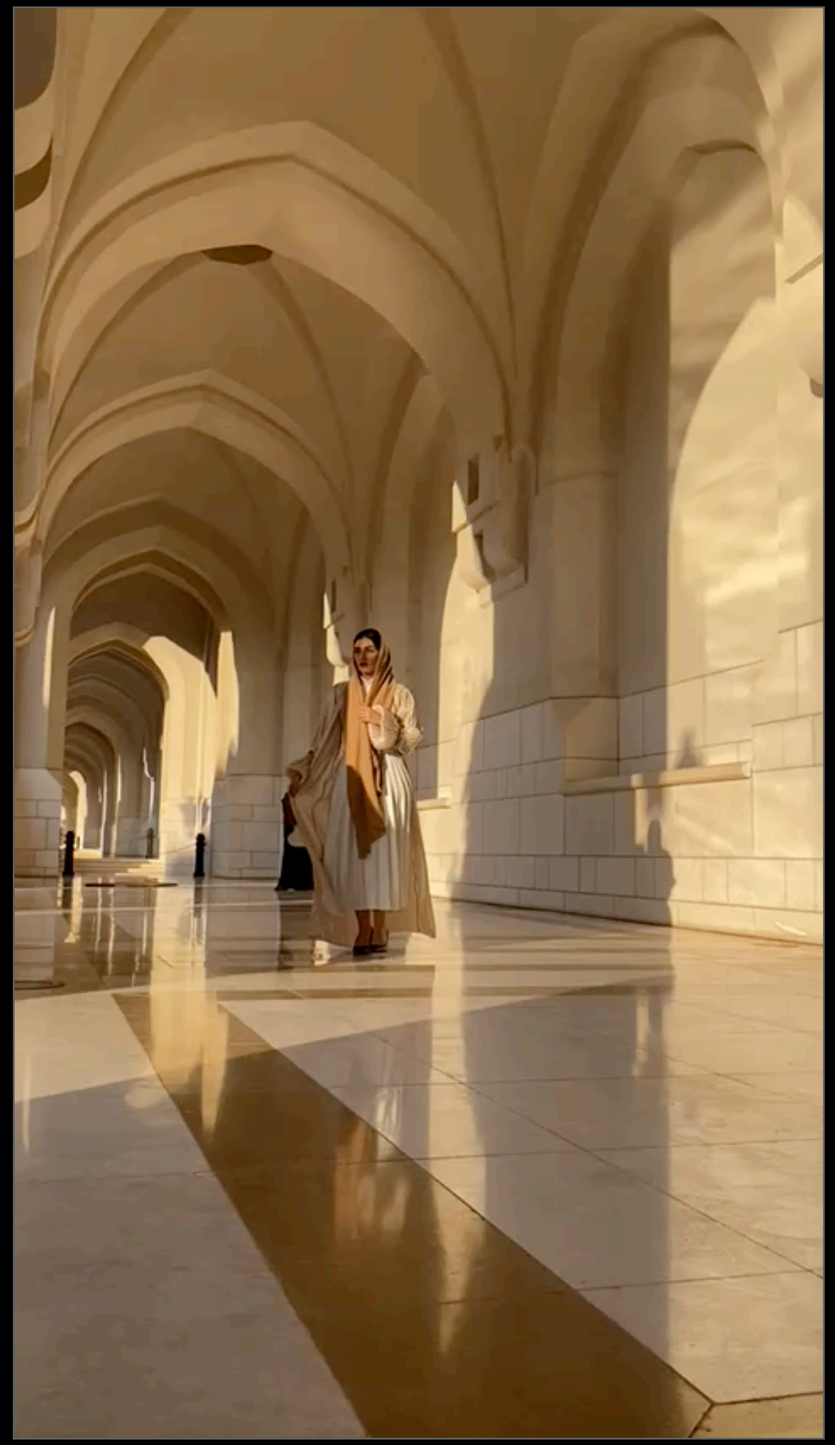
CHALLENGE:

Don’t lose the light!





Movement





Technique 17

Eye Contact



Eye Contact

HOW:

- Intensity & Connection
- Get Closer
- Reflection in the eyes



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Eye Contact



Look Away



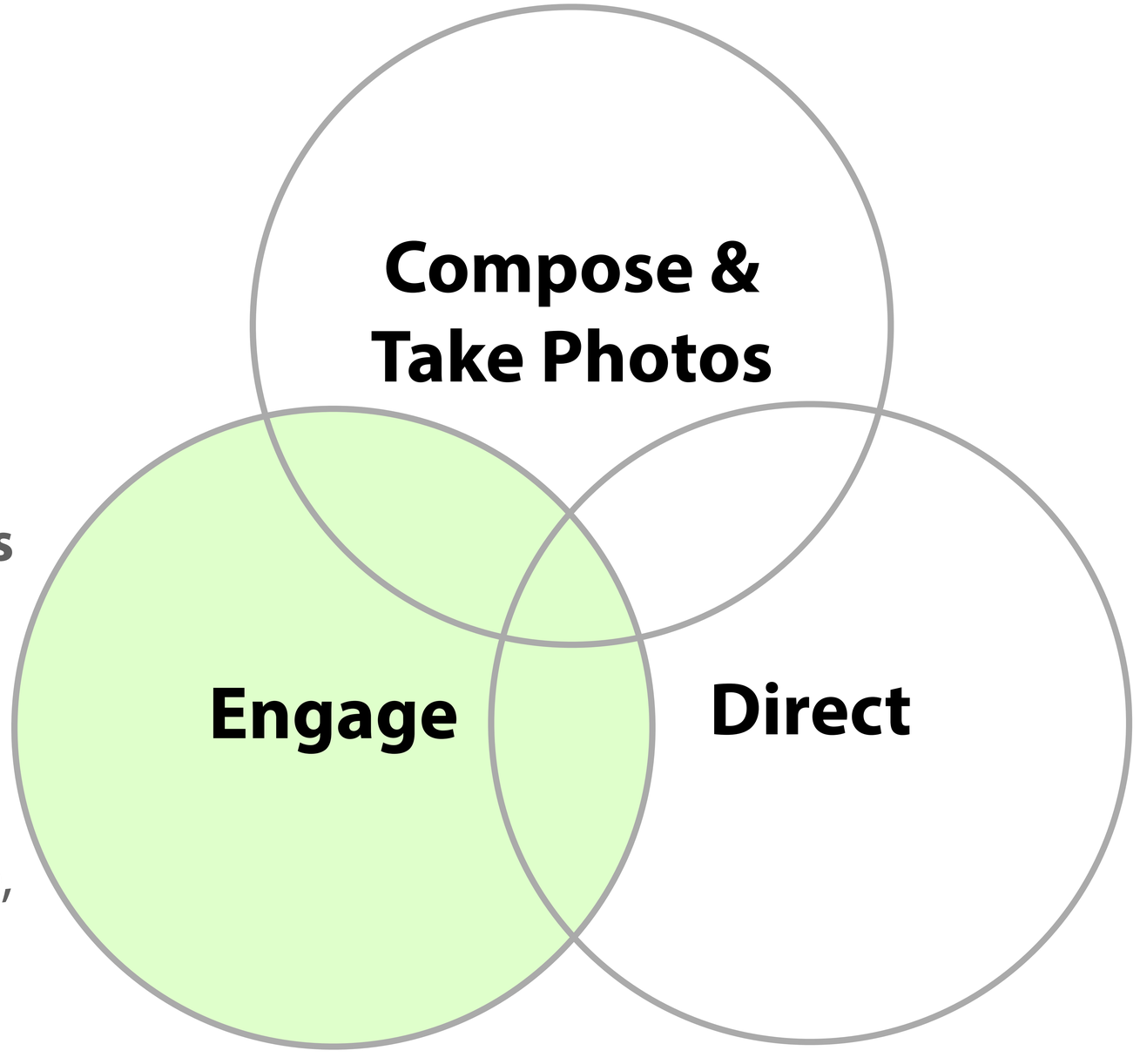
Learn How To:

- **DIRECT & POSE** people
- **CONNECT & INTERACT** with them
- Make them **COMFORTABLE**
- Capture **NATURAL EXPRESSIONS**, emotions and personality

Technique 18

Engage

DIRECTING YOUR SUBJECT



Natural Expressions
Emotions
Personality

Make your subject relaxed, comfortable, engaged

Interesting Poses

Tell your subject what to do

8 INTERACTION COMMANDMENTS

DO:

- **Put them at ease, make it fun**
  - *Imagine you meet in a cafe*
  - *Get to know them*
  - *Have they done a photoshoots before?*
  - *Compliment*
  - *Glass of prosecco*
- **Music**
- **Talk to them**
- Keep **showing them the photos**

DON'T:

- **Don't ask to smile**
  - *Crack a joke*
  - *Make a fool of yourself*
  - *Ask about something they love*
- **Don't tell them to hold/freeze**
- **Never criticise**. Always turn it into a positive

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TALK TO YOUR MODEL

Be curious about them

- Ask **what they love** & talk about that - Kids? Pets? Travel?
- What are they **passionate** about?
- What is their **most important goal** this year?
- What do they **like most** about their life?
- Last / next **vacation**?
- Favorite **food / restaurant**

Camera Settings 1

Lens(es):	**70-120mm**
Mode:	**A** (Av)
Aperture:	**4**
ISO:	**800**
Exp. Comp:	**-1.7**
Shutter Speed:	**1/100s+**
White Balance:	**Auto**
Shooting:	**Continuous**

Headshot:	**4**
Upper Body:	**5.6**
Full Body:	**8**

☀	**400**
☁	**800**
☁	**1,600**

☀	**5,000 K**
☁	**5,500 K**
☁	**6,000 K**

Camera Settings 2

Metering: **Full-Frame**

Focus Mode: **AF-C**
Manual Point Selection

File Type: **JPEG**

Picture Style: **Portrait**

Nikon / Sony

Canon

Nikon *(Picture Control)*

Canon *(Picture Style)*

Sony *(Creative Style)*

A (Av)



POSED PORTRAITS

Changing Light Level

Frequently Changing Locations

TRAVEL PORTRAITS

DOWNSIDE:

Change Exposure Compensation depending on % of black background in the frame

M



POSED PORTRAITS

Stable Light Level

One Location

DOWNSIDE:

Change Shutter Speed & WB when light level changes

GREAT STRAIGHT FROM CAMERA

- Find great **Light** & Position your subject right
- Get correct **Skin Tone** (WB)
- Get correct **Exposure** on the face
- **Framing & Clean Background**
- *Keep checking your pictures as you shoot*

GETTING SHARP PHOTOS

- **Shutter Speed** 2x focal length
- **Select focus point manually**
- **Continuous shooting**
- **Half-press the shutter** until the camera focuses

SELECTING YOUR BEST SHOTS

You shoot **1,000**

1st selection **100-200**

- Go from the end backwards
- Select genuine contenders for Top 10 (including versions of the same shot)

2nd selection **30–50**

- Reject technical flaws e.g. unsharp, boring, poor expression etc.
- Select best versions of the same shot

Wait >5 days

3rd selection **5-10**

- Select superstars to share