

# TRG Headshots



## THE ULTIMATE HEADSHOT GUIDE



HEADSHOTS OR GLAMOUR SHOTS: TODAY'S HEADSHOTS ARE NOT THE SAME AS YESTERDAY'S GLAMOR SHOTS AT THE MALL. WHILE YOUR HEADSHOT SHOULD BE PROFESSIONALLY RETOUCHEd, THE IMAGE SHOULD STILL LOOK MORE LIKE YOU AND LESS LIKE AN AIRBRUSHED OVER EDITED COVER OF VOGUE MAGAZINE. RULE OF THUMB IS PERSONALITY OVER GLAMOUR.



**HOW OFTEN DO I NEED A NEW HEADSHOT?**

**IF YOUR HEADSHOT IS MORE THAN 2 YEARS OLD, IF YOU RECENTLY CHANGED OR WANT TO CHANGE JOBS OR IF YOU CHANGED YOUR PERSONAL LOOK SUCH AS HAIR STYLE, THEN YOU NEED A NEW HEADSHOT.**



MAKEUP: KEEP IT SIMPLE. THE IDEA IS NOT TO GO CRAZY WITH THE MAKEUP. IMAGES SHOULD PORTRAY YOU AS NATURALLY AS POSSIBLE WHILE COVERING MINOR SKIN FLAWS AND VARIATIONS IN SKIN COLOR.



**CLOTHING: GENERALLY, SOLID, DARK MID-TONE NEUTRAL COLORS, WORK BEST. YOU WILL WANT TO AVOID CLOTHING THAT DISTRACTS AWAY FROM YOUR FACE. IF YOU HAVE BUSINESS SPECIFIC BRANDED CLOTHING IT IS OK TO SHOW THE BRAND IN YOUR HEADSHOT**



**NERVES: ARE YOU NERVOUS ABOUT HAVING YOUR HEADSHOTS MADE, OR JUST CAMERA-SHY IN GENERAL? START OFF WITH SILLY FACES TO BREAK THE ICE WITH YOUR PHOTOGRAPHER. THIS HELPS YOU RELAX AND GET USED TO THE CAMERA FIRING**



**POSING: LESS IS MORE WHEN MAKING POSING ADJUSTMENTS. A SLIGHT TILT TO THE HEAD, LEANING FORWARD, A GENTLE BUT INTRIGUING SMILE CAN MAKE ALL THE DIFFERENCE.**



**HAIR: MEN, DON'T GET YOUR HAIR CUT THE DAY BEFORE YOUR SESSION. LADIES CAN AND SHOULD HAVE HAIR PROFESSIONALLY DONE PRIOR TO THE SESSION. IF POSSIBLE BRING YOUR FAVORITE HAIRBRUSH AND SOME HAIRSPRAY TO DO MINOR TOUCHUPS IN THE PHOTOGRAPHER'S MIRROR**





**REST: A GOOD NIGHT'S SLEEP THE DAY BEFORE YOUR SESSION IS A MUST. IN ADDITION, DRINK WATER, STAY AWAY FROM SALTY FOODS OR ALCOHOL THE DAY OF OR DAY BEFORE. THIS HELPS PREVENT SWELLING AND DARK CIRCLES UNDER THE EYES**



**ACCESSORIES: KEEP THEM SIMPLE. TIES, SCARVES,  
AND JEWELRY SHOULD NOT DRAW ATTENTION AWAY  
FROM THE FACE**



**GLASSES: IF YOU NORMALLY WEAR GLASSES MOST OF THE TIME, WEAR THEM. IF YOU ONLY WEAR THEM FOR READING OR COMPUTER YOU MAY NOT WANT TO WEAR THEM**



**MY GOOD SIDE: A LOT OF PEOPLE KNOW HOW THEY LOOK ON CAMERA AND WHAT SIDE OF THEIR FACE THEY PREFER. IF YOU DO, IT CAN REALLY HELP THE PHOTOGRAPHER FOCUS ON THAT SIDE AND WORK WITH IT. IF YOU DON'T KNOW, THAT IS OK TOO. YOUR PHOTOGRAPHER SHOULD WORK BOTH SIDES OF YOUR FACE AND YOU BOTH CAN DECIDE WHICH IS BEST.**



## WHO SHOULD I HIRE TO CREATE MY HEADSHOT?:

HIRE A PROFESSIONAL WITH PLENTY OF EXPERIENCE. I'M SURE YOUR FRIEND CAN TAKE A PRETTY GOOD PICTURE WITH AN IPHONE, BUT KEEP IN MIND THE KIND OF MESSAGE YOU WANT TO CONVEY TO THE WORLD IN A HEADSHOT. A: I'M CHEAP AND DON'T CARE ABOUT DETAILS. B: I CARE ABOUT THE IMAGE I PORTRAY TO THE WORLD AND PUT MY BEST FOOT FORWARD. I NEED TO MAKE A LASTING FIRST IMPRESSION.

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