

HOW TO BE **COMFORTABLE** ON CAMERA



WELCOME

While it is the photographer's responsibility to ensure everyone feels at ease in front of the camera, there are **steps you can take beforehand to boost your confidence.**

Here are some highly effective tips and tricks for increasing your comfort level in front of the camera. By implementing these steps before your upcoming shoot, you'll undoubtedly **feel more at ease when facing the lens.**



*It's easier
than you think!*





YOUR THOUGHTS ARE COMPLETELY NORMAL

It's crucial to recognize that everyone experiences unease in front of a camera, including models and other professionals who are accustomed to being in that position. Yes, they get nervous too!

Feeling apprehensive in front of the camera is completely normal. In fact, it would be unusual if you didn't feel at least a bit uncomfortable! Knowing that this feeling is common can be reassuring.

Embrace the fact that you're not alone in this experience.

You're not weird, you're not alone, and you're not bad at this; you're just like everyone else.





Nearly everyone believes they're the least photogenic person ever when stepping in front of the lens. We all tend to assume that we are the only ones experiencing nervousness, insecurity, and awkwardness.

It's common for people to tell their photographer, **"Oh, I am awful in photos! I don't know what to do. I never look natural, it's always so forced and awkward."**

Let me assure you that even those who appear poised, confident, and stunning in front of the camera have a few butterflies fluttering about.

Showing up to your shoot prepared can help you feel confident and even excited about the photo shoot.

Let's walk you through some steps to help get those butterflies into formation.



EMBRACE YOUR NERVOUS ENERGY

Instead of viewing nervousness negatively, flip the perspective and transform it into a positive asset that can actually make you better.

The initial realization to make is that nervous energy is still energy ~that is a good thing! When it comes to a photoshoot, few things are as detrimental as having a subject arrive with low energy.

Whether they're fatigued, uninterested, or simply uneasy, it makes the photographers job much harder to create amazing photos.

The nerves are a good thing! You will get better photos if you can use this energy.

The most successful photo shoots happen when someone arrives brimming with energy.

So it is not only normal to feel weird, uncomfortable and nervous about your shoot... it's actually a good thing.





This is the **secret ingredient behind why certain photos are better than others.**

Photographers thrive on harnessing your nervous energy and turn it into amazing photos.

Now, returning to those nerves you experience during a photo shoot—embrace them, utilize them, and be thankful for them.

Let that nervous energy propel you forward, adding an extra spring to your step, a sparkle to your eye, and eliciting your authentic, genuine smile.

Instead of dwelling on thoughts like, "I'm so nervous about my shoot!" try reframing it as, "I'm excited! I have no idea what to do, but nobody else does either!"

While it may seem straightforward, this shift in mindset can wield a significant impact.

It takes you from feeling like you are the only one that "sucks in front of the camera" to "hey, I am right where I should be."

PRO TIP: Engagement sessions are the perfect 'date night' since you are all prettied up. Make dinner reservations or plans after the shoot.

PRACTICE AND PREPARE

You prepare for big meetings, presentations, all the other events that are important to you - why not prepare for your engagement session and wedding photos?

Try this: simply grab your cell phone and begin snapping some selfies.

There is literally no pressure, you can take a million photos of yourself or your partner. Goof around, try different outfits, angles - become a photographer yourself!

Once you're finished, you can stash them away in a "Never Show Anyone" folder or simply delete them.

Here is what will happen... **you will start having fun with it and more importantly, actually find some poses that you love.**

Maybe its the angle of your face, the emotion caught in a big laugh or the outfit you chose.

Now here is the important part: Do not focus on what you don't like in the photo. Only focus on what you like!

"Edit in, don't edit out!"
~ Cara Garbarino,
Photographer



STEPS TO PRACTICE

- **Pull out your phone camera and go crazy.** If you're preparing for an engagement or wedding photo shoot, get your fiancé involved. Most importantly, have fun with it! Shoot hundreds of photos!
- **Go through the images and challenge yourself to only focus on the ones you like.** DO NOT TALK ABOUT THE ONES YOU DON'T LIKE. Focus on anything you like: the way you look, the style of photo, outfit choice, colors...
- **Next you can think about what you do not like in the photos.** Don't beat yourself up, just note if you really don't like an angle or pose of yourself. Be careful to not focus on things you can't change, only the areas that might help your photographer know your preferences.
- **Take your new insights and share them with your photographer.** It's a great way to kick off a shoot. Any photographer worth their salt will feel the same way love to have this information!
- **Remember to focus on 3 things you love first,** then show them the photos you don't like as much.

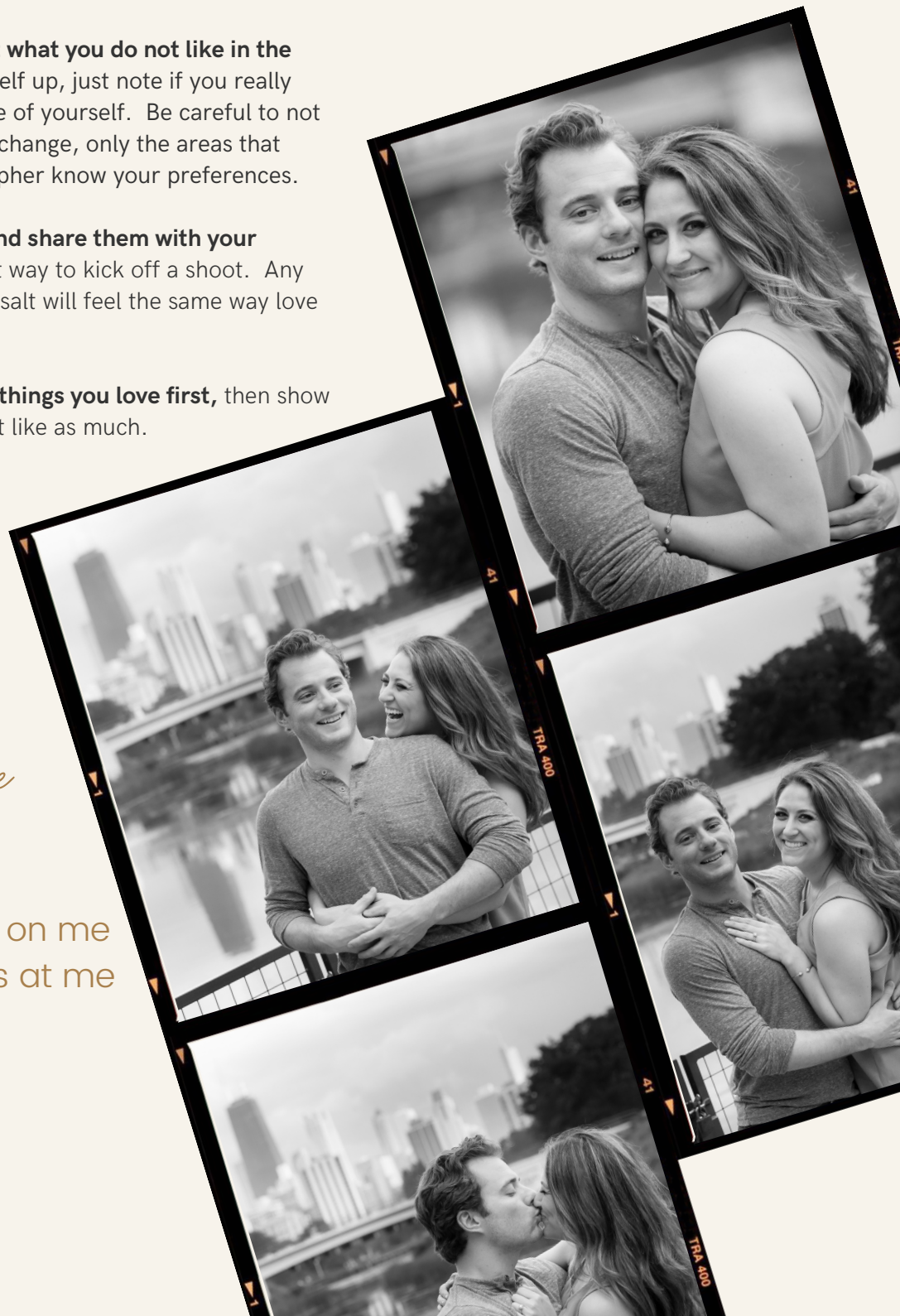
Here's an example

3 LOVES:

- my eyes
- blue looks good on me
- the way he looks at me

3 DISLIKES:

- my profile
- kissing photos
- full body shots





TREAT YOURSELF

You are going to like this one!

When you exude beauty and confidence, it naturally shines through— it's as straightforward as that.

So, how can you ensure you feel great on the day of a photo shoot?

By pampering yourself in the days leading up to it.

How does it feel when you put on a brand new outfit?

A fresh haircut, a new lipstick and a fun pair of earrings? Yes, please!

To prep for your time in front of the camera, go the extra mile: indulge in a manicure, treat yourself to a facial mask, a fresh haircut, maybe a new outfit.

These efforts will leave you feeling your absolute best, and guess what?

This newfound confidence shows in photographs.

PRO TIP: If you FEEL happy & pretty, it shines through in the photos.

HOW TO PREPARE

- Take a day off work. Sleep in (it's called beauty sleep for a reason you know).
- The days leading up to your event hit the gym, go to brunch, relax, and immerse yourself in joy and positivity.
- **Control the time before the photo shoot.** A busy morning directly correlates with heightened tension and can result in a less-than-ideal photo shoot.
- Find a hair and makeup artist. Professionally applied makeup and hairstyling can make you look and feel great.
- Don't show up after a long work day or stressful day of travel. Take the time and energy to put yourself in a positive space before the shoot - it will pay off!

✓ Prepare

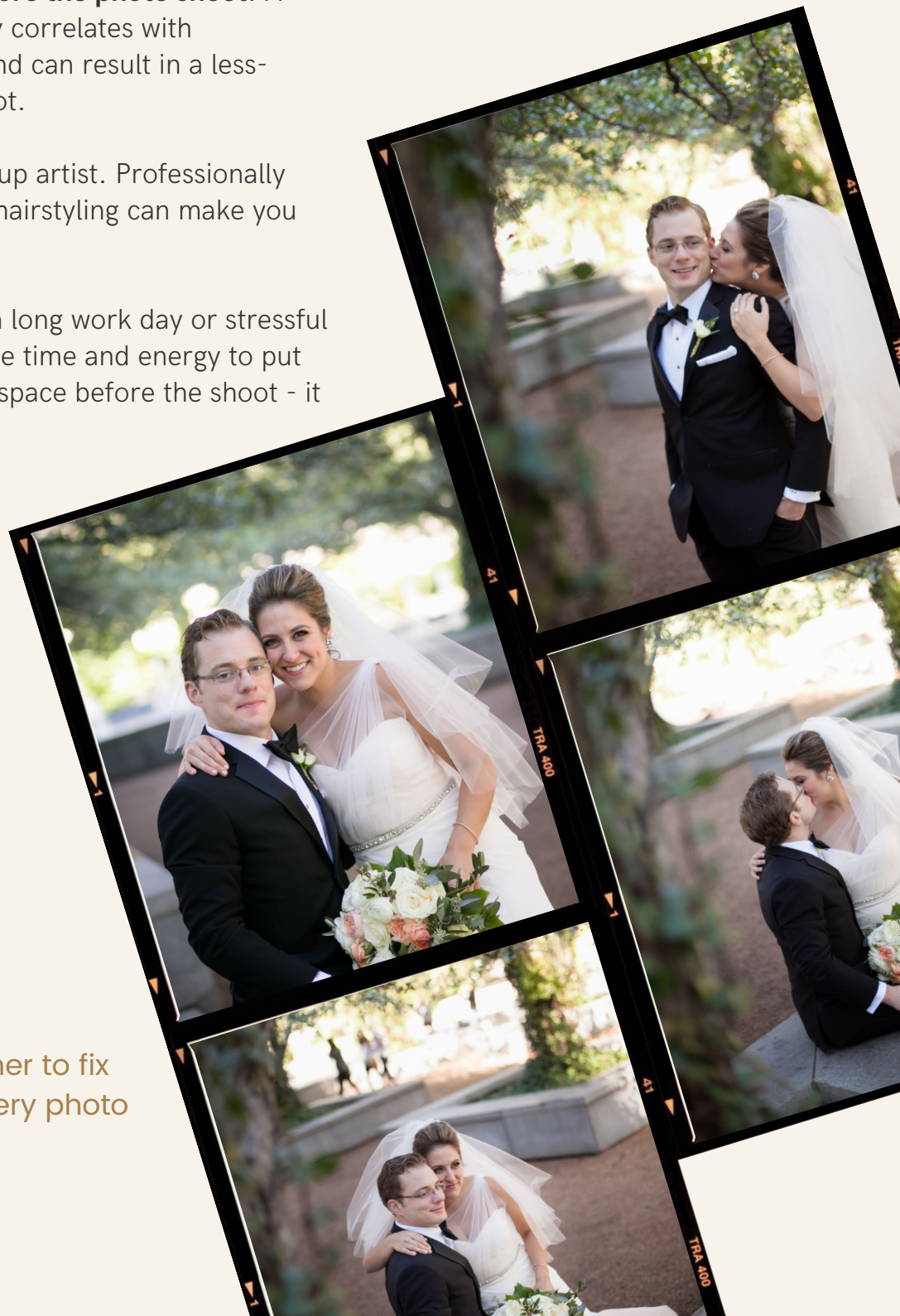
✓ Treat yourself

✓ Bring the energy

✗ Show up stressed

✗ Low energy

✗ Expect the photographer to fix outfit or makeup in every photo



FAKE IT UNTIL YOU MAKE IT



You might have come across this advice before, but it really works for photo shoots!

When you're feeling nervous in front of the camera—fake it. Embrace an exaggerated approach like Jim Carrey: smile wider, laugh bigger, and overact (sorry, Jim).

Why? Because this act of 'faking it' and overacting gets the nerves out. It's a trick many photographers use, it is so ridiculous you all can't help but laugh.

Suddenly, the smiles become genuine, not forced; the movements are authentic, not contrived; and the interactions with your loved ones are sincere.

Here is a photographers secret: the in-between shots are the best. The camera is forgotten, the fake laughs turn into real laughs.



You've probably done this with your friends and the favorite photo is always the last one, the photo after the big burst of laughter.

That's the winner. Always.



CHECKLIST

- ✓ Know it's **normal to feel like you don't know what you are supposed to do** in front of the camera, everyone feels that way. Your photographer expects you to show up this way and is ready to help.
- ✓ **Don't hide your nervousness**, use those nerves and adrenaline to help the photographer create photos that have personality and energy.
- ✓ **Practice and prepare.** Take selfies, photos of each other, spend a little time in front of your phone camera to see what you like (and don't like).
- ✓ Focus on **3 things you love about the way you look** (not what you don't like). Tell or show your photographer.
- ✓ How you show up to the photo shoot matters. **Treat yourself** to a relaxed day, good sleep and something that makes you feel fantastic. This shines through in the photos.
- ✓ When the shoot starts... **let go and have fun with it!** Your photographer will capture the genuine smiles, laughs and emotions, but you can help by having some fun even if it feels forced in the beginning.

THE UNCORKED PROJECT

Join Robin Sloan as she dives into the questions, stressers and the taboo topics of wedding planning, with wedding experts, newlyweds, couples, therapists, fitness gurus, nutritionists, stylists ... all the topics that come up while planning a wedding.

Grab a glass of wine as we discuss everything from mother-in-laws to money.

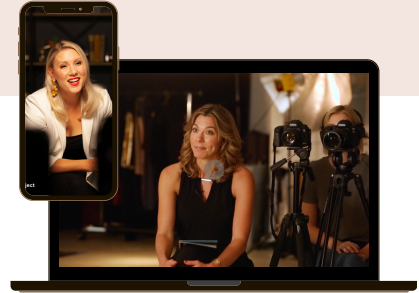
Our pros are off the clock and spilling all their secrets.

With the help of a little liquid courage, we set out to capture what no one else will tell you about planning a wedding.



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