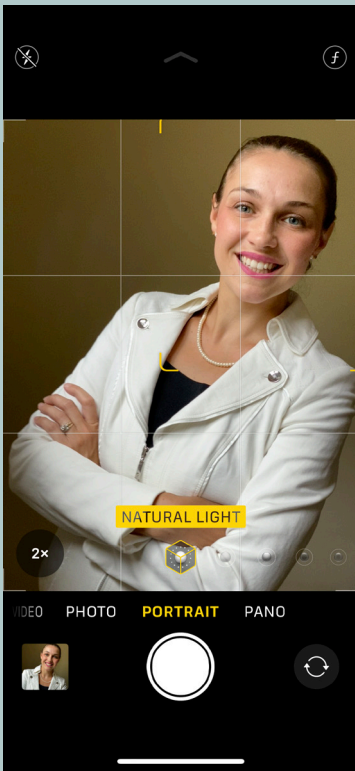


**N**owadays technology allows us to take quality images, especially using our Smartphones. Throughout the year, you may be asked to share a photograph of yourself or perhaps you are interested in updating your image. Here are some guiding practices to take advantage of your cell phone to capture a quality headshot/portrait:

**Selfie | Headshot | Portrait guide |**

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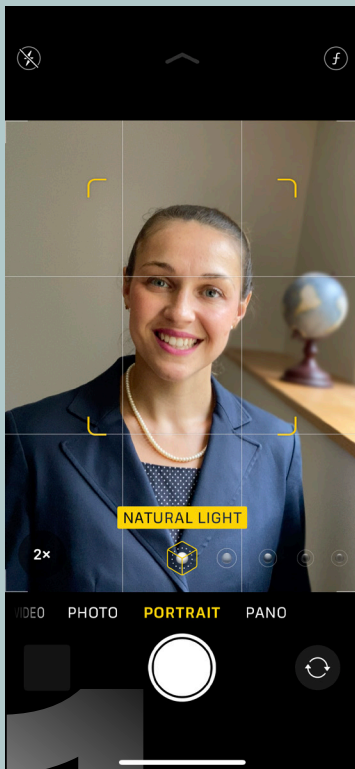


- Frame the image from the waist up.

- For a headshot, typically, you want to fill the frame using a vertical orientation.



- When in taking pictures indoors, use window light. Place your body across from a window so the natural light hits your face.



- Fill the frame with YOU. In headshots/portraits, the image is all about YOU -- not your surroundings.

- Center yourself in the frame and make sure that your shoulders and body are inside the frame. No need to include a lot of space around you.

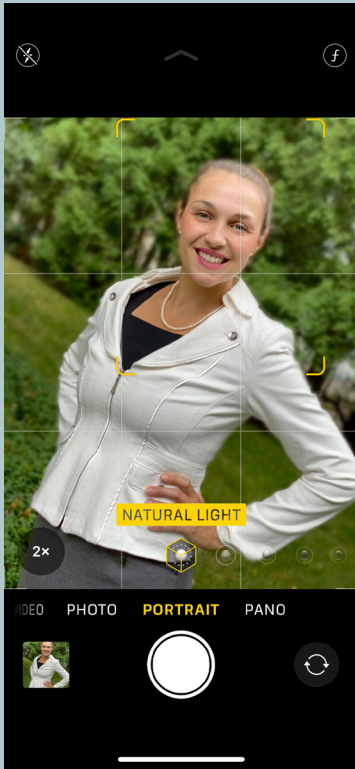


# Selfie | Headshot | Portrait guide |

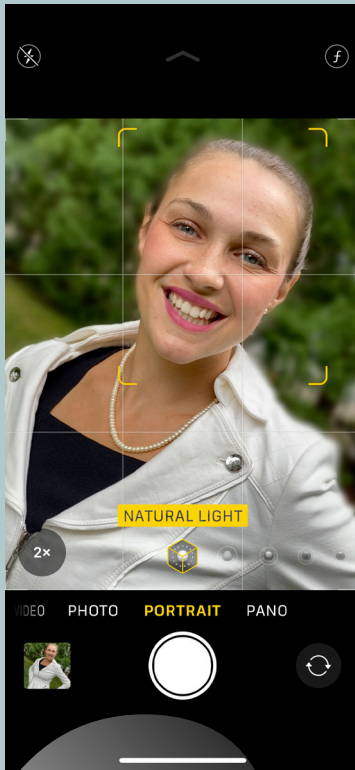
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# 2



- Consider your attire. Wear what makes you comfortable and expresses who you are, but would also meet professional or business casual attire.
- Opt for colors that contrast with your skin tone and don't wash you out.



- Go ahead and use portrait mode if you have it. This function on your phone is actually made to create a less distorted perception of your face. It's like putting on a different lens in the olden days, one especially made for ... portraits!

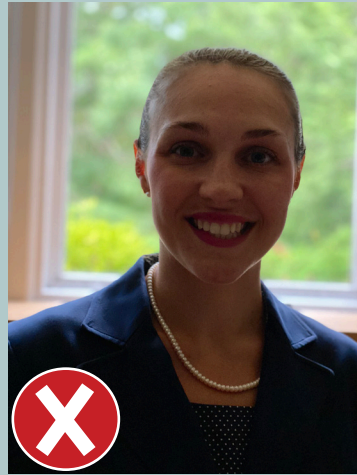
## Selfie | Headshot | Portrait guide |

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- Try using the self-timer function on your phone. This allows you to experiment with framing the image and prevents that awkward “Selfie” arm extension in the image.



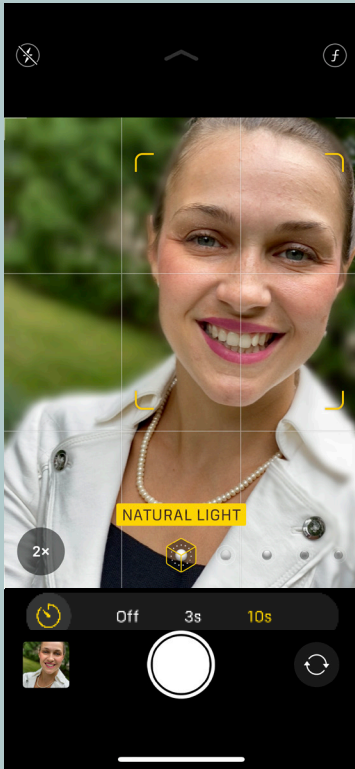
- Do not shoot with light behind you, whether it’s a window or the sun or a lamp because your face will be dark.

# 3

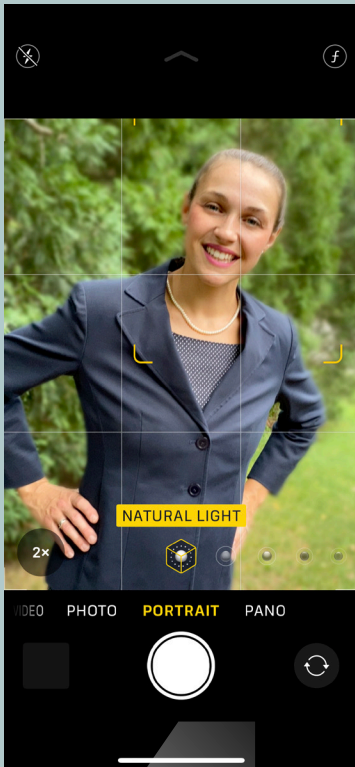
## Selfie | Headshot | Portrait guide |

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- Avoid shooting outside in direct sunlight. This will create squinting and harsh light, exposing any flaws on your skin/face. Similarly, avoid shooting in light that creates patches of sun and shade on your face.



- Although it seems counter-intuitive, if you shoot outside, look for a spot that's entirely in the shade. But turn your body toward the direction the sun is coming from. This prevents squinting, harsh light, and patches of light on the face but also still brings light to the face.

4

# Selfie | Headshot | Portrait guide |

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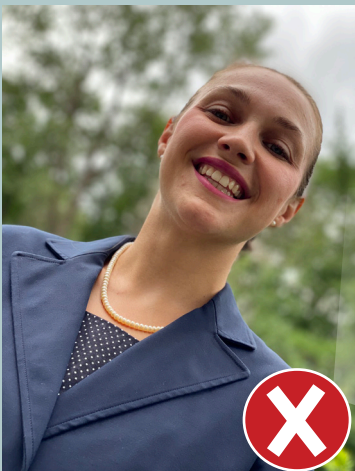




- Try using objects in your home to create a makeshift tripod like a stack of books, or a wall, or even a bottle.



- Aim the phone slightly down toward your face, rather than looking down into the phone. This helps prevent unflattering angles, especially the dreaded double chin. By shifting your head to look up slightly, it will also elongate your neck.



- Still struggling? Ask for help from a family member, a friend, or partner using the above tips.

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